

# You Are Enough<sup>TM</sup>

Peer Support Groups for Parents  
Affected by Child Sexual Abuse  
in the UK

**embrace**  
Child Victims Of Crime



*Mending hearts, minds & families*

[www.protectchildren.fi/yae](http://www.protectchildren.fi/yae)

# What are You Are Enough™ Groups?

You Are Enough™ groups are online peer support groups designed to help parents and caregivers whose children have experienced sexual violence.

## These groups offer:

- Emotional Support
- Practical Advice
- A Safe Space to Heal

“It feels safe. You can be yourself—with whatever strength you have today.”

**Parent**

## Why Peer Support Matters

When faced with the trauma of child sexual violence, parents often feel isolated and overwhelmed. Peer support provides a lifeline of understanding, connection, and the strength to move forward as a family.

## For enquiries, please contact:

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[www.protectchildren.fi/yae](http://www.protectchildren.fi/yae)

INFO & SIGN-UP



Developed by Protect Children, the You Are Enough™ groups are held in the United Kingdom by Embrace.