



# A.N.C.H.O.R.

**(Addressing Needs, Creating Hope, Optimizing Relationships)**

A.N.C.H.O.R. is a 10-week program serving school-aged children who have experienced trauma or negative life events. Participants meet during the school day among peers to develop coping skills, identify and understand feelings, determine effective ways to plan for safe and healthy futures, and increase self-esteem.

The group setting, led by one of Family Nurturing Center's therapists, promotes empowerment, inclusion, connection, and optimism for the future.

***Life's roughest storms prove the strength of our anchors.***

For additional information, please contact Carley Justice, Child Abuse Treatment Services Therapist at 859-538-1613 or [carley.justice@familynurture.org](mailto:carley.justice@familynurture.org).

[www.familynurture.org](http://www.familynurture.org)



These services were supported by Grant Number VOCA-2020-FamilyNur-00035 awarded through the Kentucky Justice and Public Safety Cabinet by the U.S. Department of Justice, Boone, Kenton, and Campbell County Fiscal Courts, and United Way.