



S.P.A.R.K.

Sparkling Power And Resiliency in Kids

SPARK is a 12-week program serving children ages 4-18 who have experienced trauma, their siblings, and parents/caregivers. Participants meet in a group setting among peers to understand how trauma has impacted them, to develop coping strategies to build resiliency, and empower one another to have healthy and safe futures. The sibling and parent/caregiver groups work simultaneously using a trauma-focused model to process the traumatic experience, learn effective family communication skills, and better understand the disruption that traumatic experiences can have on daily life.

The program provides a solid foundation for healing and creates a safe and strong support system for all participants involved. Childcare may be available for children under the age of 4.

Don't lose the spark that makes you ... You!

-- C.J. Peterson

For additional information, please contact Sarah Johnston,
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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.