



# Be Brave Bridge

## Supporting children and families waiting for help.

The Be Brave Bridge is a comprehensive online program that connects specialized counsellors and coaches with children, teens and parents impacted by child sexual abuse who might not otherwise receive timely mental health support.

Every year Little Warriors' Be Brave Ranch welcomes nearly 100 sexually abused children and teens from across Canada to receive intensive, specialized treatment for child sexual abuse. But with the increasing number of kids waiting to receive support services, the need for additional support became very apparent. That is why we have developed the Be Brave Bridge.

Designed with significant input from past parents/caregivers and many leading academic and clinical experts who specialize in child sexual abuse, the Be Brave Bridge Online Program helps children overcome the devastating effects of child sexual abuse and change the trajectory of their lives.

The Be Brave Bridge Online Programs teach and support participants through reading, exercises to complete, interactive reflection, video education and ongoing video and phone coaching.

**Online Parent/Caregiver Interactive Program** for parents/caregivers of children or adolescents who have been sexually abused.

**Online Adolescent Interactive Program** for teens ages 13-16 who have been sexually abused.

**Online Child and Supportive Caregiver Program** for children ages 8-12 who have been sexually abused to take with their parent or supportive caregiver.

*"It is hard to put in words how isolated and alone I started to feel as a mom. The Bridge program provided connection with a coach who validated my feelings while teaching me about trauma, parenting strategies, coping skills and self-care. I had so many questions, and even though I was trying to be brave for my daughter, I was scared too. Little Warriors and the Bridge Program has helped my family heal and find peace." - Be Brave Bridge Participant*

**Please consider a donation to help us offer the Be Brave Bridge Online Program.**

For more information visit:  
[littlewarriors.ca/be-brave-bridge/](http://littlewarriors.ca/be-brave-bridge/)

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