

Our Lighthouse:

A treatment centre for adult survivors of child sexual abuse.



My name is Chris.
I was 10.

Providing specialized support and trauma treatment for adults 18+ who have a history of child sexual abuse (CSA) and would benefit from an intensive individualized care plan to strengthen existing abilities, develop new strategies to support their ongoing healing process, and build individual resiliency.

Our Lighthouse is a guiding light to bring CSA survivors back home to their true selves and the strength to step into their power. They will work with our dedicated and highly trained Little Warriors Multi-Disciplinary Team to co-create an individualized treatment or care plan which includes:

Individual, group & family treatment

Ongoing psychoeducation

Online coaching

Telephone support

This intensive evidence-based and trauma-informed treatment model works with clients (at their own pace) to overcome the lingering bio-psycho-social-spiritual symptoms related to their previous sexual abuse trauma(s). The main treatment focus will build upon strengths to foster resiliency and confidence in the areas of:

- Improved problem-solving, conflict management, personal regulation, and communication
- More fulfilling interpersonal relationships
- More enriching caregiver supports, self-awareness and reflection
- Psychological and emotional safety



Together we can cast a light through the darkness.
Donate to Our Lighthouse program today.

For more information, contact Shannon at shannon@littlewarriors.ca

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