

# Little Warriors Family Program

**Little Warriors Family program is designed for families of children and teens in the Be Brave Ranch Program.**

**Children and adolescents come to the Be Brave Ranch for their intensive, evidence-based treatment for child sexual abuse. Once they return home some families need additional tools, knowledge and resources to help support their child on their healing journey.**

Child sexual abuse affects the whole family. The delivery of a Family Therapy Program at the Be Brave Ranch is imperative to complete the continuum of care for the children and adolescents we are serving. This program enables parents/guardians to provide the necessary long-term support for their child to maximize opportunities for healthy life trajectories and strong mental health.

Additionally, there is often intergenerational trauma within some families with the parent or guardian never receiving the help and support they needed to overcome their own challenges. The Family Therapy Program will help Little Warriors address this gap for the benefit of the entire family.

This innovative program is a stepped system of care and starts with a 12-module on-line program which will determine readiness of the parent or guardian. If after completion of the on-line program, the clinical team determines that the parent(s) or guardian(s) requires additional support then they will move to the next step of treatment which will be delivered on site at the Be Brave Ranch. This will include intensive, multi-modal therapy delivered over a condensed period of time to accommodate the needs of the families.

The outcomes for the families are tracked and assessed as parents or guardians move through this program to ensure we are providing the best possible outcomes for the children and their families.

Families attend the Ranch over a 4-day weekend, 3 times over the course of one year. Multiple families come together to form a cohort.

## More information

On the Family Program at the Be Brave Ranch visit [littlewarriors.ca](http://littlewarriors.ca) or email [info@littlewarriors.ca](mailto:info@littlewarriors.ca)



little  
warriors

