



SAFEchild Programs

SAFEchild's mission is to eliminate child abuse and empower families in Wake County

SAFEchild's parent education and support programs focus on strengthening families by helping them to communicate effectively, manage emotions and encourage cooperation. Group support reduces isolation, builds self-esteem and reinforces positive parenting.

Groups are in person at various locations unless otherwise noted. Except for MENS, SAFEchild programs are free and children are encouraged to attend in-person groups with their parents.

Learn more and register at safechildnc.org/find-a-program.

Contact intake coordinator Laura Goulian at lgoulian@safechildnc.org with questions.



Circle of Security Parenting

For parents/caregivers of children birth to teens, focusing on strengthening the caregiver-child bond and boosting children's confidence.

♥ Groups are 2 hours for 10 weeks | Weekday mornings or evenings

Laura Brimberry - lbrimberry@safechildnc.org



Crianza con Cariño

SAFEchild's Spanish-language parent education program.

♥ Groups are 3 hours for 11 weeks | Tuesdays or Thursdays

Morning classes are in person; afternoon and evening classes are virtual

Gladys D'Estefano - gdestefano@safechildnc.org



MOVE (Mothers Overcoming Violence through Empowerment and Education)

Empowering mothers to move beyond domestic violence to a safer, happier future.

Professional intake is required for all prospective participants.

♥ Groups are 2-1/2 hours for 13 weeks | Monday or Tuesday evenings

Stacey Sullivan - ssullivan@safechildnc.org



MENS (Men Engaged in Nurturing Strategies)

Helping fathers mandated by courts, law enforcement or social services to recognize the impact of domestic violence with a goal toward nurturing relationships with their children. *Cost is \$175; professional referral and intake are required for all prospective participants.*

♥ Groups are 2 hours for 11 weeks | Monday or Thursday evenings

Stacey Sullivan - ssullivan@safechildnc.org



Moms Supporting Moms

Mentoring and support for pregnant and postpartum women and their partners through the baby's first year and beyond. Support groups include one for new moms dealing with mental health challenges.

- ♥ Biweekly parenting support group for moms with children birth to 5 | Tuesdays at 10 am - *currently virtual*
- ♥ Weekly support group for pregnant or postpartum women dealing with mental health challenges (clinical diagnosis not required) | Thursdays at 7 pm - *currently virtual*
- ♥ One-year mentor program that pairs new moms with trained, experienced moms
- ♥ Monthly postpartum planning class with UNC Rex Hospital - *currently virtual*
- ♥ Quarterly Black Mothers Matter Talks - *in person or virtual*

Krystal Grady - kgrady@safechildnc.org

SAFEchild Community-Based Programs and Partnerships



SAFEchild Advocacy Center

A child-friendly, community-based facility providing comprehensive medical evaluations for children from birth to 17 when there is an open investigation for child sexual abuse, physical abuse and/or neglect. Children and their non-offending family members receive advocacy services for ongoing support, as well as referrals for other services such as mental health therapy. All appointments are Monday through Friday and scheduled through referrals from law enforcement or Child Protective Services.

Karen Todd - ktodd@safechildnc.org



Funny Tummy Feelings

A one-hour interactive and engaging presentation teaching children ages 6 to 8 the skills they need to protect themselves from physical and sexual abuse. The program is presented by SAFEchild-trained counselors in all Wake County elementary schools, as well as private and charter schools.

Elizabeth Clark - eclark@safechildnc.org



Growing Resilience Movement

SAFEchild is the backbone of the Growing Resilience Movement, a multi-sector partnership committed to unifying our community to prevent and alleviate adverse childhood experiences (ACEs) by helping adults build their capacity to create safe, nurturing and stable environments for children.

Emily Ragland - eragland@safechildnc.org