



# 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 **free of charge** and in person at SAFEchild unless otherwise noted. Children are encouraged to attend with their parents.

Learn more and register at [safechildnc.org/find-a-program](https://safechildnc.org/find-a-program) or scan this QR code.

Questions? Contact intake coordinator Juanita McGregor at [jmcgregor@safechildnc.org](mailto:jmcgregor@safechildnc.org).



## 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

**Madi Middlebrook** - [mmiddlebrook@safechildnc.org](mailto:mmiddlebrook@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 online

**Gladys D'Estefano** - [gdestefano@safechildnc.org](mailto: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 | Weekday evenings

**Tammy Guthrie** - [tguthrie@safechildnc.org](mailto:tguthrie@safechildnc.org)





## Moms Supporting Moms

Education and support for new and expectant moms and their partners through the baby's first year and beyond.

- ♥ Weekly support group for pregnant and postpartum women experiencing PMAD (perinatal mood and anxiety disorder); clinical diagnosis not required | Thursday evenings - *both online and in person*
- ♥ BABY (Birth and Beginning Years) 13-week class using children's literature to discuss navigating the prenatal and postpartum life | Tuesdays *in person*: prenatal class evenings; postnatal class mornings
- ♥ Quarterly Black Mothers Matter Talks - *in person or online*
- ♥ Quarterly perinatal mood challenge support group for partners

**Krystal Grady** - [kgrady@safechildnc.org](mailto:kgrady@safechildnc.org)

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## 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.

**Brenna Farley** - [bfarley@safechildnc.org](mailto:bfarley@safechildnc.org)



### Funny Tummy Feelings

A one-hour interactive and engaging presentation teaching elementary-age children 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](mailto: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.

**Brenda Beatty** - [bbeatty@safechildnc.org](mailto:bbeatty@safechildnc.org)