

Adult Survivors of Child Abuse

– Cowra Support Group -

Group resources (These are resources available to be lent to group members)

- **Group folder:**
 - Media Release – currently version 1
 - Monthly meeting notes
 - Resources: Counselling, Legal, Library and other books
 - Stories by the media – from members of the group
 - Advertising contacts / schedule
 - AFP/Microsoft ThinkUKnow resources – www.thinkuknow.org.au
 - Cowra Domestic and Family Violence Committee – Leaflet and resources
 - Silent Crisis **bookmarks** – to be donated to members
 - Centacare information set as at August 2014

- **ASCA folder:** workshop notes: #1, #4; ASCA newsletters (www.asca.org.au)

- **Books:**
 - “*The silent crisis*” – 3 books donated by author: Amanda Robinson
 - “*Beating the blues*” Susan Tanner, Jillian Ball – A self-help approach to Overcoming Depression – Second hand book available to borrow by members.
 - “*Taking Care of Yourself and Your Family*” John Ashfield 11th edition. Free and available from Cowra Community Health Centre, Young rd. Can be ordered from Beyond Blue: www.beyondblue.org.au under Get Information.
 - “*A guide to What Works for Depression*”, BeyondBlue, ISBN: 978-0-646-51812-1
 - “*Sharing the Un-shareable: a resource for women on recovering from child sexual abuse*” First edition 2011, Education Centre Against Violence, NSW Health - ISBN: 1 876969 172 (4 copies available for lending)
 - “*When a man is raped: a survival guide*” Second edition 2004, Education Centre Against Violence www.ecav.health.nsw.gov.au – ISBN: 1-876969 075
 - “*Who can a man tell*” First edition 2000, Education Centre Against Violence, NSW Health - ISBN: 1 876109 10 6
 - *The Magic of Forgiveness*, Tian Dayton. (3 copies available for lending)
The book is structured to help readers go through the process in manageable ways. The book is not based on a definition of forgiveness which may be associated with Christianity. Our support group is also not trying to minimise what happened to us in the past, just to help us heal by freeing ourselves from anger and helping ourselves to live a better life. Maybe this quote could capture what the aim of the book is: *Ultimately, make it your goal to move on to forgiveness of yourself and those causing you pain in the past. Forgiveness doesn't mean that what*

12 May 2015

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happened to you was acceptable. It simply means that you are no longer willing to allow a past injury to keep you from living fully and healthfully in the present (page vi)) Take care.

- *Damaged and Cut and Hidden.* All three books by Cathy Glass
 - *One Child and Somebody else's kids.* Both books by Torey Hayden
 - *The forgotten children,* David Hill – Pub: 2008, Random House Australia
 - *When daddy comes home,* Toni Maguire – Pub: 2007, Harper Element. 978-0007244003

 - *Trafficked,* Sophie Hayes - Pub: 2012 , HarperCollins; ISBN: 978-0007438884
 - *Mummy, come home,* Oxana Kalemi - Pub: 2009, Harper Element; ISBN: 978-0007251964
 - *Little Prisoners,* Casey Watson - Pub: 2012 , Harper Element; ISBN: 978-0007436606
 - *Beautiful,* Katie Piper - Pub: 2011, Elbury Press; ISBN: 978-0091940768
 - *Nobody heard me cry,* John Devane
 - *Kissed the girls and make them cry,* Lisa Bevere (*set of 2 books*)
- **DVDs:**
 - *“Carers’ Stories of Hope and Recovery (Volume 2)”* – Beyond Blue

 - **Advertising material:**
 - Small folded cards
 - Small leaflets

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