

## Welcome

On behalf of both the developers of this program and the group facilitators, we welcome you to *Foundations*.

*Foundations* is a group program specifically designed to support and enhance the well-being of men experienced sexual abuse in childhood.

We recognise that there are multiple challenges that can make it difficult for men to access support and attend a group program. Just making it through the door can be an achievement in and of itself.

We know that child sexual abuse and sexual assault can have a profound impact on men's lives and relationships. It can lead to overwhelming difficulties; feelings of shame, guilt, and anger; suicidal thoughts; depression; anxiety; flashbacks; nightmares; eating issues; relationship and sexual difficulties; plus physical health problems and further victimisation. We also know that men who have been sexually abused can, with support, live rich and full lives, develop mutually supportive relationships, and make positive contributions within our communities.

In your time with us, we encourage you to prioritise your safety and well-being, to participate and speak up, ask questions, experiment a little, and apply the learning to your life. This is your time to be generous to yourself, to be 'self-ish'—and to make the program work for you.

We welcome your feedback and support.

Sincerely, .....Group  
Facilitators

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As the developers of the *Foundations* program, we applaud your efforts to address the impact of child sexual abuse, and to build a fulfilling life.

*Foundations* draws upon research, practice knowledge, and the experience of **Living Well** (Australia) and **Men and Healing** (Canada) in providing individual counselling and group support to men sexually abused in childhood. Both of our agencies have worked with thousands of men over the years, and the knowledge, understanding, and experience we have gained has been brought together in partnership to produce *Foundations*. However, the work is not done. Just as we request feedback from group facilitators, we also seek feedback from participants. No matter where you live, we would like to hear from you. Please contact us on [info@livingwell.org.au](mailto:info@livingwell.org.au)

We wish you strength and courage to guide you along the way.

Sincerely

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**Gary Foster BSW PhD**, Manager, Living Well, Brisbane, Australia

**Rick Goodwin, MSW RSW**, Executive Director, Men and Healing, Ottawa, Canada