



Our Mission

The Family Enhancement Center's mission is to create lasting solutions to prevent and heal child abuse. By working with communities to provide innovative programs, family education and intervention, we are dedicated to keeping all children safe.

Our Programs Include: Families Moving Forward, The Nest Project, Healing Motion, Drum Beat and Solid Starts

Who We Are

Our agency's mission is to create lasting solutions to prevent and heal child abuse. We strive to build strong children, strong families and support communities to create a society where children are safe, respected and valued. Initially founded in 1993 with a focus on helping children experiencing abuse and neglect, the Family Enhancement Center has gradually expanded its services to offer parent education support programs, a full range of individual and group therapy services, parent assessments, and in-home parent development services.

Currently, the Family Enhancement Center provides help to over 200 families and over 600 children dealing with abuse issues in Minneapolis, St. Paul and the greater Twin Cities area. Our prevention education programs and workshops reach even more parents and professionals. We're a small organization, but our reach is wide!

Families Moving Forward: Healing Children From Sexual Abuse

*Wednesday evenings, 4:00-5:00pm for children, 6:00-7:00pm for adults *offered virtually at this time*

Families Moving Forward is a group therapy program designed for children who have been sexually abused and their non-offending parents. The group uses a whole family approach to healing. Our goal is to strengthen: the children who have experienced sexual abuse, so they can grow and develop to their full potential; and their families, so they can move forward and create a strong, safe and solid environment for their children.

Families Moving Forward combines therapy, education and support to parents so that they can assist their children to heal and protect them from future abuse, along with a child-centered social environment where abused children can build resilience through activities with caring, competent adults.

The Nest Project

*Program Manager: Carolyn Washington, Carolyn@mnpreventabuse.org *offered virtually and in-person at this time*

The Nest project is designed to create a network of support for families struggling with child management issues either due to a parent or child's mental health, family trauma, or other stressful circumstances that make parenting difficult. We match a qualified volunteer parent mentor with a family. The services include weekly supportive phone calls and regular visits, connecting families to community resources, and continually working to increase parenting skills.



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What a Nest Mentor Volunteer Can Do:

- Provide emotional support when things are challenging or tense
- Help arrange services to assist parents/families with their current needs
- Offer culturally-sensitive support for all families
- Build strength in parents and children
- Enhance a child's development and social skills
- Communicate with families (virtually over the phone or in person) on a weekly basis

Healing Motion

Thursday evenings, 6:00-7:30pm *offered virtually at this time

Lead Therapist: Ambryn Melius, ambryn@mnpreventabuse.org.

Healing Motion is a group-based mind-body approach to addressing the impacts of trauma. Healing Motion incorporates body-based techniques such as mindfulness practices, yoga and movement-based therapies, along with creative expression for girls and female-identified teens between the ages of 11 - 18 who have experienced sexual abuse or assault. By integrating movement and creative expression, this group aims to introduce and practice non-verbal skill-sets that can assist in increasing self-awareness, confidence, and healthy coping skills, along with building trust within community.

Drum Beat – Our Newest Group!

Tuesday evenings, 6:30-8:00pm *offered virtually and in-person at this time

Lead Therapist: Holly Clark, holly@mnpreventabuse.org

Drum Beat is a group-based approach to healing trauma, preventing violence, and building community. Drum Beat utilizes drums, other musical instruments, and reflective discussions to engage youth in healing trauma. Rhythmic music supports the two hemispheres of the brain to work together to calm the reactivity that trauma can produce. The program will specifically utilize the Rhythm to Recovery Violence Prevention Program.

Drum Beat has been created for young men between the ages of 13-18 who have experienced physical, emotional and sexual abuse, as well as domestic violence, community violence, witnessing traumatic events. Social and emotional expression through music can provide youth with a different way to release their emotions beyond words. The group aims to engage youth in creating their own community that provides them with a sense of safety and pride.

Solid Starts – Offered in Spanish and English

Lead Therapist: Martha Rodriguez, martha@mnpreventabuse.org *offered virtually at this time

Solid Starts is an education, support and mentoring program for families specifically during pregnancy and through age 3. This vital program assists families who are facing any number of challenges including: isolation from community, economic struggles, mental health issues, a history of child abuse or domestic violence, or those in need of extra support and parenting information. Parents are empowered with new skills and resources as they bring a child into the community. Our lead therapist, Martha, has specialized in serving Hispanic families in our community for over 20 years. She works as an In-Home Parent Educator and leads our Solid Starts program. Past participants also co-lead the group as mentors, working closely with Martha.



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Family Enhancement Center

STRONG FAMILIES, SAFE KIDS

PROGRAM OVERVIEW

Comienzo Sólido – Ofrecido en Español e Ingles

Terapeuta Principal: Martha Rodriguez, martha@mnpreventabuse.org

**ofrecido virtualmente en este momento*

Comienzo Sólido es un programa de educación, apoyo y tutoría para familias latinas específicamente durante el embarazo y hasta 3 años de edad, aunque también tocamos las diferentes etapas del desarrollo de los niños. Este programa es de vital ayuda para las familias hispanas que enfrentan una serie de desafíos que incluyen: aislamiento de la comunidad, luchas económicas, problemas de salud mental, antecedentes de abuso infantil o violencia doméstica, ó para aquellos que necesitan más apoyo e información para padres. Los padres reciben nuevas habilidades e información de recursos para que involucren a los niños en la comunidad.

Nuestra terapeuta principal, Martha, se ha especializado en servir a familias hispanas en nuestra comunidad durante más de 20 años a través de nuestra agencia. Ella trabaja como educadora de padres en el hogar y dirige nuestro programa Comienzo Sólido. Algunos participantes colaboran como mentores para seguir expandiendo los conocimientos con otras familias en necesidad. De esa forma podemos codirigir y trabajar de forma estrecha por el bien de nuestra comunidad latina.



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