

NEWS RELEASE – For Immediate Release

## **Child Sexual Abuse Recovery Coach Partners with Stark Consulting Group for Child Sexual Abuse Prevention Training**

San Francisco, CA (March 21, 2022) – Child Sexual Abuse Recovery Coach, Rachel Grant, announced that she is partnering with Toby Stark to bring child sexual abuse prevention and response training to her clients and online community.

The two nationally recognized coaches and advocates will offer “The Empowered Parent: Child Sexual Abuse Prevention & Response for Parents, Grandparents and Caregivers,” specifically for Grant’s *Beyond Surviving* community.

“After more than a decade of working with survivors of childhood sexual abuse who are sick and tired of feeling broken and unfixable, and seeing them reach levels of healing that many had told them was a pipedream, the time is right for me to now draw on this experience to address the other side of the equation – awareness, prevention, and response,” said Grant. “I can’t think of anyone better to partner with than Toby. She has a framework that I really love, a spirit that is kindred to mine, and I can’t wait to connect with our participants for this one of a kind training that blends our unique experiences and expertise.”

The 4-hour live and interactive training is for parents, grandparents and caregivers of children from infants to high schoolers. With this research-informed training, participants will learn the 3 Pillars of Being an Empowered Parent:

1. Awareness: Understand the breadth and depth of child sexual abuse.
2. Prevention: Know the practical things one can do every day to better protect children.
3. Response: Know how to respond to a disclosure, discovery, or suspicion of abuse.

“Silence is a perpetrator’s most powerful weapon. They are, in fact, counting on it,” said Stark. “We have to step through our discomfort and fear to start talking about child sexual abuse and how to prevent it. When 1 in 10 children are sexually abused by their 18<sup>th</sup> birthday and 90% of those children are abused by someone they know, love or trust, we don’t have the luxury of *not* talking about it.”

The Empowered Parent will help families incorporate prevention into their everyday lives, the same way they teach their children to look both ways when crossing the street or wearing their seatbelt in the car. “Child protection must be consistent and constant, and we’ll help families find that path,” said Stark.

Grant's 15 years working with those impacted by childhood sexual trauma, brings a unique perspective to the training. She offers all that she has learned from the thousands of conversations she's had with survivors about what went wrong when it came to awareness, prevention and response.

The next "Empowered Parent: Child Sexual Abuse Prevention & Response for Parents, Grandparents and Caregivers" is Saturday, April 16, 2022, 11am-3pm (PST) / 2-6pm (EST). Participants can save \$100 on registration through March 25, 2022. Go to [bit.ly/theempoweredparent](https://bit.ly/theempoweredparent) for more information or to sign up.

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### **About Rachel Grant**

As a Sexual Abuse Recovery Coach, Rachel Grant helps survivors of sexual abuse break free from the pain of the past and finally move on with their lives. Rachel Grant is the owner and founder of Rachel Grant Coaching and is the author of "Beyond Surviving: The Final Stage in Recovery from Sexual Abuse".

Her program, *Beyond Surviving*, is specifically designed to change the way we think about and heal from abuse. Based on her educational training and lessons learned from her own journey, she has successfully been helping clients since 2007 to let go of the pain of abuse and feel normal.

Rachel holds an M.A. in Counseling Psychology. She provides a compassionate and challenging approach for her clients while using coaching as opposed to therapeutic models.

Specialties include recovery, coaching, writing, workshops, individual coaching, relationships. Rachel can be reached at [coach@rachelgrantcoaching.com](mailto:coach@rachelgrantcoaching.com).

### **About Toby Stark**

Toby Stark built Stark Consulting Group (SCG) on the national reputation she earned as a child advocate and child sexual abuse prevention expert. She works with parents, amateur youth sports organizations, youth serving organizations and school systems on child sexual abuse awareness, prevention and response.

Her work, which is research-informed and steeped in best-practices, includes creating and providing child sexual abuse prevention and response training, and creating or strengthening an organization's Youth Protection Policies & Procedures.

Toby doesn't just give *prevention* lip service...she creates positive change in the families, communities and organizations with which she works.

Toby is graduate of the FBI Citizen's Academy, member of Prevent Child Abuse Indiana's State Advisory Board, Darkness to Light *Stewards of Children*® certified instructor and authorized facilitator, and was honored as a State of Indiana Bicentennial Torchbearer.

For more information, please visit [www.starkcg.net](http://www.starkcg.net) or contact Toby at [toby@starkcg.net](mailto:toby@starkcg.net).