

## Adults Abused as Children Often Suffer in Silence



**United Way**  
Central and Northern  
Vancouver Island

### A Regular “Guy-Next-Door” Abused as a Child is Helped by Group Counselling Funded by Your Donations

**“I have a wife and three children, I work and I am involved in the community. No one would expect me to have a history of being sexually abused that’s plagued me for years.”**

Brent’s story takes us aback because we would never have thought that a regular, guy-next-door like Brent needed help.

*“No one would expect me to have a history of being sexually abused.”*

“When my eldest son turned 11, everything started to unravel for me. I had always been an action-oriented guy but I was finding it hard to motivate myself to go to work. I was no longer interested in my wife or going to any of our children’s activities.

“It hit me that my son was involved in some of the same sports that I was in when I was abused, and this stuff could be rearing its ugly head again. I needed to move on from the past to be in the present with my family.”

Brent’s family doctor suggested that he attend counselling through a men’s recovery group funded by United Way.



*“I needed to move on from my past to be in the present with my family.”*

The counsellor exceeded any expectation I might have had. I needed to move on from this shadow of my past to be in the present with my family.

“I would encourage any man to take action and get your life back. It can make it better for the next generation.”

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