

# Overview

The Little Warriors Be Brave Ranch by Ray LaBonte and Family is a long-term trauma informed treatment centre focused solely to help children who have been sexually abused, as well as their families. Our program is for girls and boys from 8-12 years old, and girls from 13-16 years old.

The Be Brave Ranch program offers these children a place to heal and increase their chances of growing into healthy adults. Clinical supports are offered to children and their families for one full year.

**Little Warriors** is a national, charitable organization committed to the awareness prevention and treatment of child sexual abuse. Visit the Little Warriors main [website here for more information.](#)

## The Be Brave Ranch Approach

Children come to the Be Brave Ranch for over 200 hours of multi-modal therapy over a one year period. The program starts with an initial 28-day intensive stay at the Ranch, during which time children form close relationships with other members of their peer-group ("cohort"). Each cohort consists of a maximum of six children. Throughout the year, children return to the Ranch for three additional 12-day stays in order to continue their face-to-face therapy and reconnect in person with their cohort.

Throughout the year-long program, the **multimodal therapy** for children and their families run by clinical professionals includes:

- Trauma Focused-Cognitive Behavioural Therapy (TF-CBT)
- Relational and Milieu Based Interventions
- Individual and Group Therapies
- Expressive Art Therapy
- Animal Assisted Therapy
- Play Assisted Interventions
- Peer Group (cohort) Support
- EMDR
- Yoga

- Indigenous Elder Support and Cultural Teachings
- Sensory Based Interventions
- Recreational Activities
- Ongoing Family/Caregiver Supports

Therapy is provided in an enriched “camp-like” environment where children also have lots of fun! Being in cohorts helps each child recognize they are not alone, and connects them with peers who have experienced similar traumas. The children form long-term relationships with deep bonds that help to facilitate the child’s healing process.

Child abuse affects the whole family so our program uses a **family-centered approach**, providing ongoing clinical support to parents/guardians. Parents also frequently visit the Ranch and stay overnight and are in touch with their child on a daily basis while the child is in residence. The Be Brave Ranch provides a safe environment for the child and their family to heal.

**Clinical results confirm the success of the treatment** program including an almost 50% reduction in child post-traumatic stress disorder scores (PTSD), a reduction in the number of children experiencing PTSD, significant reductions in depression and anxiety and forecasts that also suggest reduced mental health related issues and enriched outcomes for these children and society in the future.

Little Warriors and the Be Brave Ranch are **fully accredited** through the Canadian Accreditation Council. The purpose of accreditation is to support the creation and maintenance of viable structures, processes, and practices that allow organizations like us to offer the best possible programs and services. This in turn gives families, participants and our supporters an even higher level of comfort knowing that Little Warriors has met (and in many areas exceeded) the high Accreditation standards as set by the Canadian Accreditation Council (CAC).

If you have or know of a child that between the ages of 8-12, or girls between the ages of 13-16 that has been sexually abused and could benefit from attending the long-term trauma informed treatment program at the Be Brave Ranch please recommend that they visit the Little Warriors Be Brave Ranch website and [complete an application form here.](#)