

Wrapped in Angels Group Program Overview



Wrapped in Angels is a program developed by Mary Jo McVeigh; the founder and Principal of Cara House, a centre for resilience and recovery. Cara House works with children and families who have experienced child abuse, violence and trauma.

Wrapped in Angels is a 10-week journey of resilience that explores the crucial things, people, places, beliefs that sustain and nourish children and families when facing dislocation, separation from family and culture, abuse, violence and trauma; basically, tough times.

This is done by making an Angel Blanket on which is sewn significant symbols. A colourful representation of safety, strengths, protection, connections and relationships. A blanket made by a child or young person is a reminder of what holds them and keeps them strong, safe, secure, connected and loved.

The blanket is a tangible object to work on and connect with people, places, experiences and things that are important and add value and meaning to a child's life. It wraps and holds, brings closer strengths and connections. It can warm and comfort with its touch and holds memories sewn on to its fabric. It helps children remember and keep remembering the people and experiences that have built and grown their resilience.



Antonia Ravesi is a Child, Adolescent and Generalist Trauma Counsellor. She is an accredited Wrapped in Angels Facilitator, trained by Cara House and an experienced group worker.

Lorraine Prentice is a Senior Generalist Counsellor with extensive experience working in community services and in therapeutic group work facilitation. Both Antonia and Lorraine work in the counselling team at Central West Women's Health Centre.