

Mary Bridge Children's COURAGE

Courage 2020

Mary Bridge Children's Courage is a virtual event for 2020.

Join our campaign to support victims of child abuse.

This summer, riding with Courage means choosing your own mountains to conquer and routes to complete. All of the funds you raise will benefit children served by Mary Bridge Children's Child Abuse Intervention Department (CAID). [Learn more about this critical need.](#)

Here's how to participate:

- Anyone can participate in Courage by signing up as a virtual rider.
- From now until August 29, each participant will be asked to complete 415 miles. These can be miles on one wheel, two wheels or two feet — this year's physical challenge is entirely up to you.
- We are waiving registration fees and fundraising minimums, as well as implementing fundraising goals with awards along the way.

If you have any questions, please contact the Courage crew at courage@multicare.org.

Registration is FREE for 2020

Your generosity supports victims of child abuse and neglect.

Child Abuse Intervention Department (CAID)

Thanks to annual donations from caring individuals and an endowment funded with the help of the **Rotary Clubs of Pierce County**, nearly 15,000 children suspected to be victims of abuse or neglect have received medical exams through CAID since 1988.

CAID offers medical assistance, family support and general education to empower members of the community to recognize signs of abuse.

In 2019, 415 children received outpatient medical exams, 59 medical consultations were provided to the inpatient population for injuries associated with child abuse, and 47 patients were seen on emergent request.



These services would not be possible without donor support. Insurance does not cover all medical care costs associated with abuse — especially sexual abuse — leaving victims with limited options. In their darkest hour, Courage riders can stand with victims of child abuse by ensuring children have access to the services they need to seek justice and healing.

Child Abuse Intervention Department (CAID)

Giving Children a Voice, Empowering Families to Stop Abuse



It's not a scenario any parent wants to think about, but child abuse can happen to anyone. It can affect any family, and it's more common than you might think. According to the national nonprofit, ChildHelp.org, there are more than 3 million reports of child abuse in the United States each year.

Mary Bridge's Child Abuse Intervention Department (CAID) supports families when child abuse is suspected or discovered. We also offer community programs to strengthen families and empower people to prevent abuse. Learn more about our programs—all free of charge—below.

Hope and Healing for Victims of Child Abuse

When child abuse is uncovered, it can be a highly stressful time. You may wonder where to turn and how best to intercede on your child's behalf. We're here to help you organize the right care and stand by your side as you face the journey ahead. We work in partnership with the [Children's Advocacy Center of Pierce County](#) to provide several services:

- Medical treatment following sexual or physical assault
- Forensic exams
- Assistance navigating the legal system and accessing community resources
- Information and referrals for families

Help for Parents of Babies with Special Needs

Bringing your baby home from the Neonatal Intensive Care Unit (NICU) can be both a joyful and anxious transition. Our Parenting Partnership program supports families with infants who have spent time in the NICU of MultiCare Tacoma General Hospital, for up to three years following discharge. Through regular home visits and group sessions, we can help you understand your baby's unique needs and create a safe, responsive home environment.

Community Training to Prevent Child Abuse

We believe the community has an active role to play in preventing child abuse. Through partnerships with other organizations and programs, such as Darkness to Light and the Period of Purple Crying, we offer trainings to raise awareness about child abuse and teach parents and other caregivers how to protect children. We also conduct trainings for professionals and other community groups that serve children and youth.