

How do I join a Community Groups Programme?

We run groups depending on the age range of your child, therefore we hold separate groups for ages 4-6yrs; 7-8yrs; 9-11yrs; 12-13yrs; and 14-16yrs.

Groups are run during the day, so we will need your child's school to release them from school to attend the group. We will need mothers to bring them to group and return them to school after group.

Mums will hold their own group separately, but at the same time, giving them the tools to support their child through the process.

In addition, we will visit you at home to assess both you and your child to discuss in more detail how the programme will work and what to expect.

Where can I find out more Information?

Contact us on;

Tel: 01354 293123

Mobile: 07787 279615

07825 710992

Email:

positive.pathways@ormiston.org



Registered Charity No: 1015716

Community Groups Programme

Supporting mothers & children who have experienced domestic abuse.



Rebuilding young lives and moving forward together.

What is the Community Groups Programme?

The Community Groups Programme is a 12 week course for mothers and children who have experienced domestic abuse and are no longer living with the perpetrator.

Mothers and children attend separate weekly sessions (1hr 30 min), which focus on both mother and child to move forward together, towards positive future outcomes and be more aware of the impact that domestic abuse has had on each other, providing ways to strengthen the mother and child relationship.

Groups are held for children of specific age ranges, so that children can meet other children of the same age.

What happens in the children's groups?

We use games, craft activities, drawing, painting and group discussion to enable children to;

- Understand their feelings around seeing or hearing domestic abuse.
- Address thoughts around blame & responsibility.
- Understand what domestic abuse is.
- Deal with feelings of anger.
- Make plans to stay safe.
- Tell their own story, using art & group work.
- Increase their confidence and self-esteem.
- Identify safe people to talk to.

What happens in the mother's groups?

You will get to meet other mums with similar experiences and use group work and activities to;

- Make connections around support.
- Break the seal of secrecy imposed on women.
- Examine the impact of domestic abuse against women and understand children's experiences.
- Undertake personal safety planning for women & children.
- Understand responsibility for abuse.
- Understand children's anger to support them to express it in healthy ways.
- Identify how to help your child problem solve in healthy ways.
- Grieve the losses & celebrate choices & change.
- Undertake self care and heal children from the impact of abuse.