

# Do you know a child who has been affected by domestic violence?



Starting 12<sup>th</sup> January 2017

Ages 9-11 Years

To be held at a venue in Peterborough

*“This is the best group ever, we do fun things, get to talk about our feelings and you really take care of us...”*  
(6 year old boy)

## The Community Group Programme for Children and their Mothers

The 12 week programme is an integrated community group programme for children and their mothers who have experienced domestic abuse.

Children's groups help children begin the healing process by:

- Allowing children to share their experiences with other children
- Exploring ways of expressing their feelings safely
- Looking at coping strategies for the future

Mothers' groups support women in understanding how to help their children recover by:

- Giving mothers an opportunity to meet other women who have had similar experiences and share their feelings
- Exploring the impact their experiences may have had on their children
- Finding ways to heal from the past and look to the future thereby strengthening the bond between mother and child.

Children can attend the programme even if their mother does not, but children respond best when mothers participate.



For further information and to make a referral please contact:

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