

Mother's Group

Is held separately to the young people's group and mirrors the content of that group

Do the mothers/female carers you work with want/need the following?

- Help in understanding how to support their children
- New strategies re how to support their children and family after domestic abuse
- Ability to actively listen to and support their children's emotions and enable them not to cover up their feelings
- Support their children in understanding and accepting that abuse is the fault of the abuser (and not the child)
- Support their children to develop a safety plan for themselves
- Take the lead to ensure that all family members are able to access emotional support services (such as play therapy and counseling)

For more information about the service and/or to make a referral, please contact

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Manager :

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Professionals Information Leaflet

'Hurting in the Family'

*a Community Group Programme for
Young People (aged 11+) and
their mothers or female carers*



Programme to take place 17th January – 21st March 2013, North Finchley Library.

As a result of domestic abuse do any of following sound familiar with regards to the young people and families you work with?

- Self blaming and taking responsibility for abuse at home
- Not feeling good about themselves
- Displaying risky or offending behaviour in the home or community
- Showing signs of violence to parents or significant others
- Showing signs of emotional distress (anger, aggression, unusual quietness, sadness, withdrawal, self harming, not eating)
- Nightmares or sleeping problems



Young people thriving after domestic abuse

Group held separately to mothers with specific topics to support a child— centered way of working.

Safe and confidential space

Discussions take place in a safe and confidential space

Purpose of the Group

- Provides young people with an opportunity to process and understand the violence and abuse they have experienced
- Gives young people a voice to talk about what has happened without worrying about parental feelings
- Supports young people in their ability to manage their behaviour
- Supports young people understand that the violence is not their fault
- Supports young people to understand that they are not alone
- Encourages young people to develop support networks

- Validates young peoples' experiences and feelings
- Helps young people to learn how to express emotions appropriately.



- Develops young peoples' understanding of types of abuse and what they can do about it
- Supports young people to develop a Safety Plan

