



## Benefits of the Children's Group

- Provides children with an opportunity to process and understand the violence and abuse they have experienced
- Gives children a voice to talk about what has happened without worrying about parental feelings
- Supports children to manage their behaviour
- Supports children understand that the violence is not their fault
- Supports children to understand that they are not alone
- Encourages children to develop support networks
- Validates children's experiences and feelings
- Helps children to learn how to express emotions appropriately.
- Develops children's understanding of types of abuse and what they can do about it
- Supports children to develop a Safety Plan

## Referral Criteria

- Separation has occurred and the perpetrator of domestic abuse is not living in the family home
- Families must live in Barnet
- Child is aged between 4-6 years old.

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

**Izzy McElhinney** (Family Group Worker)  
Tel 07508147669

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**Website** [www.solacewomensaid.org](http://www.solacewomensaid.org)

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62 Brewery Road,  
N7 9NY

This is a partnership project between Solace Women's Aid, Jewish Women's Aid and Safer Families and is funded by Barnet Council.



JEWISH WOMEN'S AID

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## Professionals Information Leaflet

### After Hurting in the Family: Parallel Programme

*A Community Group Programme for children and their mothers or female carers affected by domestic abuse*



**Dates:** 23rd September—9th December 2014

**Location:** Barnfield Children's Centre,  
Silkstream Road, Edgware, HA8 ODA

**Time:** 12:30pm—2:30pm

# After Hurting in the Families: Parallel Programme

## Mother/Female Carer's Group



This is held separately to and mirrors the content of the children's group.

Mothers do not have to attend this group, but it is strongly encouraged that they do

## Benefits of the mothers/female carers group

- Help in understanding how to support their children
- New strategies about 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

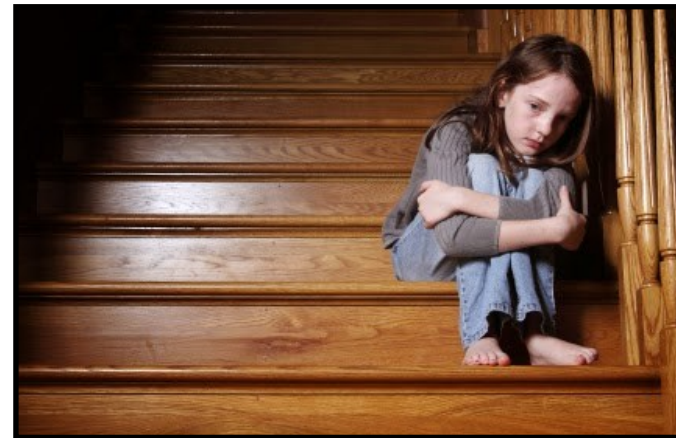
- Support their children in understanding and accepting that abuse is the fault of the abuser (and not the child)
- Support their children to develop a safety plan for themselves

## Consider a referral to the Hurting in the Family Parallel Programme

This programme is available for children and their mothers /female carers who have experienced and are beginning their journey of recovery from domestic violence



## Children's Group



Do any of the children that you work with who have been affected by **domestic violence** show any of the following behaviours?

- 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