

Group Aims

To encourage and support children to:

- talk about and share some of their experiences of the domestic abuse
- Find safe ways to express their feelings
- Learn that abuse is not OK
- Understand that they are not to blame
- Learn ways to stay safe
- Be strong without being abusive
- Have FUN!

Contact details

If you are interested in finding out more about this group, please contact Bridge Associates on 07876087061 or email contact@bridge-associates.org.uk

This leaflet can be made available in other languages and formats. For more information please telephone 01803 841506.

**Speak
out
break
free**

**Children's
Group**



About the group

The group's primary purpose is to provide a safe and welcoming environment in which children will feel safe enough to explore, share and care about their and others experiences of living in a family where there has been domestic abuse. It is recognised that all children go at their own pace and this will be respected.

The major aim is that all children experience the group as a safe and positive environment. Most importantly the group will be fun and children will be supported through the use of stories, puppets, games, painting and drawing.

The group will support around eight children, both boys and girls, between the ages of 7-11. It runs for ten weeks, each session lasting an hour and a quarter. Groups run during the school day. Assessments prior to the group determine the appropriateness of the group for each individual child.

Sometimes children who have experienced domestic abuse will be affected in some or all of the following ways:

Low confidence levels

Low self-esteem

Poor sleep/eating patterns

Self-blame

Withdrawal into self

Little interest in school

Limited network of friends

Aggressive or disruptive behaviour

Feelings of sadness, anger and loneliness

About the facilitators

The group is run by a lead facilitator and a co-facilitator, both of whom have experience of working with children affected by domestic abuse and of running groups.

About Bridge Associates

The members of Bridge have many years experience working in the field of domestic abuse with children, young people, parents and carers. They are experienced in running educational programmes for survivors; individual support through counselling and art psychotherapy; survivor feedback groups; worker supervision and training to organisations.

We believe in encouraging survivors of domestic abuse to restore and develop their own resources, determine their own futures and become empowered to make positive changes and so end the cycle of abuse.