



GROUPWORK FOR CHILDREN AND PARENTS

WHO HAVE EXPERIENCED DOMESTIC ABUSE



Me and Others

This programme is for children aged between 11 to 16 and aims to provide young people with an opportunity to explore and learn about what relationships are all about. It highlights what healthy and unhealthy relationships look like, our personal boundaries within these relationships and where to go if we need help regarding this.

The programme aims to equip young people with the tools and confidence to make safe choices within relationships and empower them to practice these alongside utilising their support network if they have any concerns.

The group runs over 10 weeks with sessions lasting 1 hour 45 mins.

How can I find out more and where do I book?

For further information, please contact:

email: advice@ndas-org.co.uk **tel:** 0300 0120154

WWW.NDAS.CO



Northamptonshire
Domestic Abuse Service

