



GROUPWORK FOR CHILDREN AND PARENTS THAT HAVE EXPERIENCED DOMESTIC ABUSE



Please note, we cannot work with children who are still living with the perpetrator for the Who's in Charge programme.

Me and Others

This programme aims to provide young people aged 11-16 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.

Who's in charge?

A child to parent violence programme aimed at parents whose children (aged 8-18) are being abusive or violent to them or appear out of parental control.

Part 1 – Aims to change parental attitude and reduce blame, guilt and shame.

Part 2 – Explores the use of consequences to change unwanted behaviour and empower the parent.

Part 3 – Supports parents to make changes within the home alongside advanced topics such as anger, assertiveness and self-care.

The group runs over 9 weeks with sessions lasting 2.5 hours and a follow up after 2 months.

Me and Us

This programme aims to provide children aged 5-11 with an opportunity to explore and learn what relationships are all about. It considers what makes a relationship healthy or unhealthy.

We want to equip children with the knowledge to make safe choices and have the confidence to share concerns with their trusted adults.

The group runs for 1 hour 15 mins per week for 10 weeks.

You and me Mum

A programme for mum's which aims to empower, support and further develop your role as a mum by understanding the needs of children and young people who have lived with domestic abuse.

The group runs for 2.5 hours per week for 10 weeks.



For further information, please contact:

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

**Northamptonshire
Domestic Abuse Service**

