



GROUPWORK FOR CHILDREN AND PARENTS

# WHO HAVE EXPERIENCED DOMESTIC ABUSE



## Me and Us

This programme aims to provide children aged 5 to 11 with an opportunity to explore and learn what relationships are all about. It considers what makes a relationship healthy or unhealthy. What behaviours are acceptable or unacceptable and what is domestic abuse?

The programme aims to equip children with the knowledge to make safe choices and have the confidence to share concerns with their trusted adults.

**The group runs over 10 weeks with sessions lasting 1 hour 15 mins.**

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

For further information, please contact:

**email:** [adviceendas-org.co.uk](mailto:adviceendas-org.co.uk) **tel:** 0300 0120154

[WWW.NDAS.CO](http://WWW.NDAS.CO)



**Northamptonshire  
Domestic Abuse Service**

