



GROUPWORK FOR CHILDREN AND PARENTS THAT HAVE EXPERIENCED DOMESTIC ABUSE

Available from January 2022



Freedom for children

A programme to suit children of primary school age (5 – 11) who have been exposed to male violence within their home.

The group aims are to enable children to identify and name abusive and non-abusive behaviours and therefore recognize the difference between the two.

This allows children to gain an understanding of what underpins a healthy relationship, how behaviour choices affect others and most importantly the understanding that the violence is not their fault.

The group runs over 8 weeks with sessions lasting 1 hour.

Escape the trap

Escape The TRAP is a programme specifically designed to help young people recognise and protect themselves from teenage relationship abuse. For ages 12 – 16 years old.

Young people will explore the dynamics of power and control within relationships.

The group runs for 1.5 hours per week for 8 weeks.



Who's in charge?

A child to parent violence programme aimed at parents whose children 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.

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

For further information, please contact:

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

WWW.NDAS.CO

**Northamptonshire
Domestic Abuse Service**





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