

# Do you know a child who has experienced domestic abuse?



The **Children Overcoming Domestic Abuse Programme** works with children and mothers who have experienced domestic abuse.

This 12 week programme runs termly and works with 4 to 11 year olds in age appropriate groups with each session lasting 2 hours.

We are now accepting referrals for mothers with children in **years 3 or 4 of primary school.**

**Running simultaneously for mother and child, the groups aim to:**

#### **Children's Groups**

- Help to begin the healing process
- Allow children to share their experiences
- Explore ways of expressing their feelings safely
- Look at coping strategies for the future
- Reduce self-blame
- Produce an age appropriate safety plan for the child
- Help to strengthen the mother and child bond

#### **Mother's Groups**

- Increase understanding of how to help their child recover
- Provide an opportunity to meet other women with similar experiences and share their feelings
- Explore the impact their experiences may have had on their children
- Find ways to heal the past and look to the future
- Help to strengthen the mother/child



## **How can I access this Programme?**

You can make a referral yourself or a professional can make a referral.

To discuss the programme or a family you wish to refer, please email

**[Family.Hub.Referrals@lewisham.gov.uk](mailto:Family.Hub.Referrals@lewisham.gov.uk)**

or visit

**[lewishamfamilyhubs/accessing support](http://lewishamfamilyhubs/accessing support)**

