



*"It made me scared when daddy hurt mummy."*

# Children's Community Group Work Programme

**Information line: 020 8461 7259**

The children's group is an evidenced based program, for children aged 4-16 who have witnessed abuse against their mother. The groups are to help the children heal after witnessing violence in the home.

## Children's Group Course Outline

On week 1 the children will play games to get to know each other and set group rules. They will also get to know what the course will be about at an age appropriate level. The group will focus on the following sessions over the next 11 weeks:

- **Feelings**
- **Safety Planning**
- **Anger**
- **Sexual Abuse Awareness**  
*This topic will be discussed with mothers before the session.*
- **Self Esteem**

The children's group will end with a celebration session, giving the children positive feedback

## Mother's Group Course Outline

The mothers group runs very similarly to the children's group. The themes are the same each week allowing mothers to understand what the children have been learning and discussing.

This also allows mothers to be prepared for the children's behaviour during the week, as the children are discussing emotional experiences, sometimes their behaviour can change. The mothers group facilitators will support the mothers to ensure the children feel fully supported throughout the group.

The program works more effectively when mothers attend the Mothers Group. These sessions enable the mothers to understand what the child has learnt in their sessions and how to support them at home.

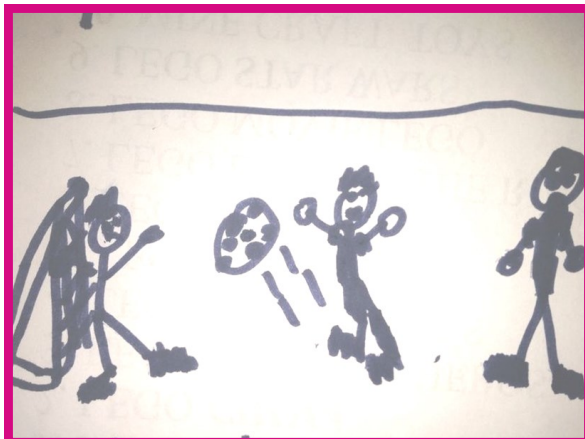
# Important Information

## Criteria for the course:

- Children **must not** still be exposed to violence in the home
- Children **must** have been away from the violence for at least 6 months
- Children **must** not be living with the perpetrator
- Children **must** be away from all risk

## What is the referral Process?

Once the referral form has been received the families will receive a letter confirming they have been placed on the waiting list. They will then receive a call from the course facilitator to arrange a visit to complete the assessment . This helps us ensure the children are in the right group for them. The family will then receive a letter confirming their place on the course, with details of where and when the course will run.



*"What makes me happy? Playing football."*

To find out more about the course and how to refer please contact the Bromley Children Project using the details below.

**Website address to access information about the group and referral form**

→ [www.bromley.gov.uk/bromleychildrenproject](http://www.bromley.gov.uk/bromleychildrenproject)  
(Support Groups → Referral Form)

**By Telephone**

→ **020 8461 7259**  
(Monday - Friday between 9am and 4pm)

**By Email**

→ [childrensgroup@bromley.gov.uk](mailto:childrensgroup@bromley.gov.uk)

**By Post**

→ **Bromley Children Project**  
**3rd Floor Central Library**  
**Bromley**  
**BR1 1EX**



*"Daddy is angry."*