

# 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 piloting the programme to those **under the age of four years!**

*Now delivering via Zoom!*



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 bond

## How can I access this programme?

You can make a referral yourself to the programme or a professional can make a referral.

To discuss the programme or a family you wish to refer, please contact **Lou Neville-Ball** on **07964 350616**.

To make a referral email [Lewisham.Secure@eyalliance.org.uk](mailto:Lewisham.Secure@eyalliance.org.uk) or visit [www.lewishamcfc.org.uk/professionals-referral-form/](http://www.lewishamcfc.org.uk/professionals-referral-form/)