

What past participants have to say about *My Kids and Me*...

"I have learnt the importance of the **strengths** that we possess as **mothers**."

"It helped me realise I'm doing the **right things** and the importance of **consistency**."

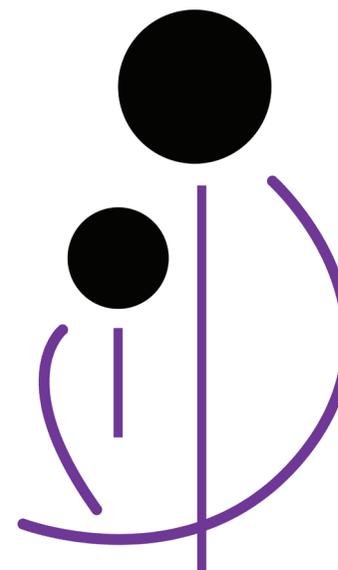
"I have gained **understanding, positivity** and **recognition** of my parenting skills."

Today has been a good session as it's made me **more aware** about the **thoughts** and **feelings of our children** who have seen or heard domestic abuse.

"I am really glad I have realised who my **circles of support** are. And I have realised that I am a **great mum**. Thank you."

My Kids and Me

A 10-week parenting programme for women who have experienced domestic abuse



Surviving with the kids:
the impact of domestic abuse on our children



Changing lives
one by one



Weston Area Health 
NHS Trust

About My Kids and Me



My Kids and Me has been developed to help you gain awareness of the effects that domestic abuse may have had on you and your child/children.

Domestic abuse can impact on your ability to develop and

maintain a positive relationship with your child/children.

My Kids and Me will help you to recognise and overcome these effects and move on in your life.

If you have already identified and understood the effects that domestic abuse has had on you as an individual, this group will help you to take the next step in exploring the wider family impact.

Who should attend?

This group is open to anyone who has children and has experienced domestic abuse.

If you would like to join, you must first have completed a domestic abuse recovery training programme such as *Key to Change*, *The Freedom Programme* or *The Phoenix Programme*.

How the programme works

Before starting the group, the facilitators of *My Kids and Me* will meet with you to talk about the programme and answer any questions you may have had.

The programme will cover areas such as:

- Understanding the impact of abuse on mothers and their child/children.
- How to develop strategies to deal with the effects of domestic abuse.
- Understanding children's experiences before and after domestic abuse.
- Talking to your child/children about domestic abuse.
- Managing contact and other relationships.

We have found that to get the most out of the group, you should try to make a commitment to attend all 10 sessions.

Contact

For more information, please contact Sara on **07866 025 287**.

DAFFS (Domestic Abuse FreeFone) Support Line **0800 6949 999** offers free and confidential advice and support if you are concerned about domestic abuse.

