



## information for mothers

CEDAR Fife runs groups for children and young people to help them recover from their experiences of domestic abuse. Groups are also run for mothers to help them support their child with the recovery process.



# what is domestic abuse?

**It is abuse/bullying between partners/ex partners including:**

## **Emotional...**

Threats, insecurity, isolation from family and friends, being degraded, humiliated and bullied...

## **Mental...**

Mind games, being controlled, ignored and humiliated...

## **Physical...**

Slapping, pushing, punching, strangling, using weapons, scalding, burning...

## **Sexual...**

Rape, unwanted sexual attention or touching, forced to watch or make pornography...

## **Effects on children...**

Can include anxiety, fear, anger, loss of family/friends, disruption at school, being hurt, guilt...

## **children's groups**

The groups run for 12 weeks, meeting for 1½ hours weekly. Children have the chance to talk about their feelings and share their experiences with each other through activities, discussion and games. Topics covered include anger, self-esteem and safety planning. Groups take place in community venues and are normally during the school day. Transport can be provided to get the children to and from the groups safely.

## **children and young people who have taken part in similar groups have said...**

It made me happy again

I learned that it wasn't my fault

I learned I was not alone

I learnt what domestic abuse is and how it changes your life

## mother's groups

Mother's groups also run for 12 weeks and meet for 2 hours a week.

During each session you are introduced to the topic that your child will be covering in their group. You will get the chance to see the materials that they will be using and find out about their activities. With other mothers you will get the chance to talk about your and your children's own experiences and discuss ways to support your children. We can help with child care and transport. Groups will be held locally at a convenient time.

## mothers who have taken part in similar groups have said...

The group helped me to come to terms with what happened

My child and I are closer

I am more confident

## confidentiality policy

With CEDAR Fife you can talk freely about your experiences, without fear of what you say being repeated to people you have not chosen to share with.

However if workers are concerned that someone may be at risk then information may need to be shared with relevant agencies. Staff will deal with all issues sensitively.

An appropriate person at your child's school will know that they are attending the group. It is up to you who else you tell.





## contact information

To make a referral or to find out more about the groupwork programme please contact the coordinators.

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