



*Fife cedarplus*

children experiencing  
domestic abuse recovery

# information for children



## hurting in families

Sometimes in families adults can bully and hurt each other by shouting, hitting or saying things which are not nice. If this is happening in your family you may feel...



sad



lonely



worried



scared



confused



angry



frightened

hurting in families is **WRONG**

– it is **NOT** your fault

## CEDAR Fife

CEDAR Fife has a group you can go to which will help you to understand what has happened in your family and talk to your mum or carer about this. The group meets once a week for 12 weeks. Each week there will be lots of different activities about things like...

- How to keep safe
- Changes in your family
- Feeling good about yourself
- How you are feeling

There will also be free time to play each week and tasty snacks.

Groups will be during the school day and we will arrange to get you there and back. Your mum and teacher will know where you are going but they will not tell other people where you are. It is up to you who else you choose to tell.

There will be 6 to 8 children in the group, all about the same age as you. They will all have

experienced hurting in their families. Three adult group workers will help you to take part in the activities. Your mum can also go to a group which will help her talk to you about what has happened in your family.

### **confidentiality**

Confidentiality means that you can talk to other people in the group and they won't tell anyone else what you've said.

**BUT** if the workers in the group think that you or another person might not be safe, then they will talk with people about how to keep you safe.





## contact information

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

**FifeCedarPlus**

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