

GROUP TREATMENT PROGRAM FOR CHILDREN

exposed to violence against women



*A therapeutic group program for
children 6 to 16 years old*



Centre de counselling de **SUDBURY**
SUDBURY Counselling Centre

260 Cedar Street, Sudbury ON P3B 1M7
705.524.9629

www.counsellingccs.com

The Purpose

To provide children with the opportunity to process and to understand the abuse, power and control they were exposed to.

To provide support to the mothers enabling them to resolve their own issues related to the impact of abuse so that they can best understand their children's perspective and in turn be supportive to them as they progress through the program.

The group helps children:

- Identify and express emotions surrounding the abuse and their parents' separation
- Learn to recognize and to express feelings such as shame, fear, guilt and/or loss and to understand that their feelings are very important
- Deal with these feelings constructively
- Dispel the destructive myths regarding abuse, male/female roles and relationships
- Understand who is responsible for the abuse
- Learn positive conflict resolution strategies
- Talk about their experiences in a safe and positive environment
- Develop safety plans in the event of further abuse in order for children to make safe choices for personal protection

Children build on their self-esteem as the group progresses.

Eligibility

Any child between 6 and 16 years of age who has been exposed to any form of abuse and/or power and control towards their mother and who is no longer living in an abusive environment is eligible for this program at **no cost**.

Our Partners

The Sudbury Counselling Centre (SCC) offers the children's program in partnership with the YWCA Sudbury and the Children's Aid Society of the Districts of Sudbury and Manitoulin.

For Your Information

- Groups are offered four (4) times a year and last from 8 to 12 weeks.
- Sessions are held once a week and last 1.5 hour.
- **Financial assistance** may be available for childcare and transportation.

- Children may be referred to the program by an agency or by their mother. Call us for a form.
- Please note that an interview is required before participating in the groups.



This program is funded by the Ontario Ministry of Community and Social Services and is offered at no cost to our clients. This pamphlet is sponsored by the Ontario Ministry of Northern Development and Mines.

For More Information:

Please contact the
Intake Worker at
524-9629,
Monday to Friday
between 8:30 to
4:30 p.m.

