



Programmes available:

Creche

A qualified childcare worker will support and supervise children in a safe and child friendly playroom facility to allow women to access group work or one to one support.

Group work

Group work for children and young people is available and delivered by trained and qualified members of staff.

These programmes are needs led and focused on children and young people and there is an emphasis on learning through fun activities and group discussion.

Group work has been facilitated in primary and post-primary schools, further education colleges, local community and church groups. Links have been identified between our programmes and curricular requirements.

HELPING HANDS

Duration: 8 weeks

Age: 7-11 years

This programme aims to build self-esteem and confidence and helps children to identify their own personal support network.

Core themes

We all have the right to feel safe all the time
Nothing is so awful (or so big or so small) that we cannot talk about it with someone
Others have the right to feel safe around us

TRANSFORMERS 1

Duration: 10 weeks

Age: 8-12 years

This programme is for children who have experienced domestic violence within the home. It aims to help children explore their thoughts and feelings on domestic violence and equip them with safety planning for their future.

Core themes

What is domestic violence and its effects?
Recognising feelings: happy, sad, angry etc
Protection planning
Self-esteem

TRANSFORMERS 2

Duration: 10 weeks

Age: 13-17 years

This programme aims to help young people explore and discuss their own experiences of Domestic Violence within a safe and supported group.

Core themes

What is abuse?
Bullying
Relationships (healthy and abusive)
Alcohol and Drug Abuse
Keeping Secrets
Protecting Ourselves

BULLYBUSTERS

Duration: 5 weeks

Age: 8-12 years

This programme provides young people with the opportunity to discuss bullying. It aims to promote self-esteem and confidence building, develop talking and listening skills and identify support networks.

Core themes

What is Bullying?
Why does Bullying Happen?
Self-esteem
Support Networks

S.T.I.G (Supporting Teenagers In Groups)

Duration: 8-9 weeks

Age: 14-19 years

This programme raises awareness of domestic violence and helps young people to recognise unhealthy and abusive relationships and sustain healthy ones. The young people will also have the opportunity to discuss topical issues such as self-esteem and confidence, sexual health, teenage pregnancy and drugs and alcohol. The group will be young person led according to the age and needs of the group.

