

Children can attend the programme even if their mother does not, but children respond best when mothers participate.



Interagency Partners of TLC KIDZ Cork:

- ◉ Barnardos
- ◉ Tusla Child and Family Agency
- ◉ Children & Young People Services Committees (CYPSC)
- ◉ Specialist Domestic Violence Services
- ◉ Specialist homelessness services
- ◉ Family & Community Support Services
- ◉ Youth Work Organisations

Referral Criteria:

- ◉ Open to children between the ages of 5-17 (in appropriate age groups) depending on availability
- ◉ For children & young people residing within Cork City
- ◉ Separation has occurred and the perpetrator no longer resides at the family home

If you would like to make a referral or if you would like to attend this group, please contact the TLC KIDZ Coordinator in your area.

Miriam McAuliffe

**TLC KIDZ Coordinator
Cork City**

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TLC KIDZ PROJECT

**Offers support
for Children and
their Mothers who
have experienced
Domestic Violence
and Abuse**



The TLC KIDZ Project is a community coordinated response for children and mothers in recovery from domestic violence and abuse. The Project seeks to create a common vision and shared responsibility among services in supporting the recovery of children.

At the core of the TLC KIDZ Project is the TLC KIDZ Programme. This is a 12 week group work programme for children and their mothers who have experienced domestic abuse.

The children's group and mother's group run concurrently on the same week and cater for children aged between 5-17 years old.



TLC KIDZ Programme incorporates:

Children's groups help children begin the healing process by:

- ⊙ Allowing children to share their experiences with other children
- ⊙ Exploring ways of expressing their feelings safely
- ⊙ Helping children understand that the 'fighting and hurting' within their family was not their fault
- ⊙ Looking at coping strategies for the future

Mother's groups support women to better understand how to help their children recover by:

- ⊙ Helping mothers to understand their children's experience of violence within their family
- ⊙ Giving mothers an opportunity to meet other women who have had similar experiences and share their feelings
- ⊙ Exploring the impact their experiences may have had on their children
- ⊙ Finding ways to heal from the past and look to the future thereby strengthening the bond between mother and child

Weekly themes/concepts

- **Breaking the silence** that 'hurting' happens in families
- Understanding our many **feelings**
- **Children's experiences** of the 'hurting' that happened
- **Anger** is important - understanding and expressing it
- **Staying safe** - my personal safety plan
- "Its not our fault" - understanding **responsibility**
- **Problem solving** - solve problems in positive ways
- Dealing with **family changes**
- The best ME I can be - **Self esteem**

