

## Referral Criteria – Age

Open to children between the ages of 5-16 (in appropriate age groups depending on availability)

## Referral Criteria - Location

Open to children throughout County Donegal

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

# TLC KIDZ

12 week Group Work Programme for Children and their Mothers who have experienced Domestic Abuse

## Referral Criteria - Safety

Open to children who have experienced domestic abuse and where the perpetrator no longer resides at the family home.



TLC Kidz Steering Group

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Barnardos  
Tusla  
Donegal Domestic Violence  
Services  
Donegal Parent & Family  
Support Services  
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MACE Project

## The Programme

During the programme the children's and mother's groups run concurrent.

Themes and concepts introduced each week to the children are also incorporated into the mother's group.

The aim is to support women how to best help their child in healing from the impact of abuse.

## 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 what happened between their mum and dad is not their fault.

# TLC Kidz Programme Runs during school terms

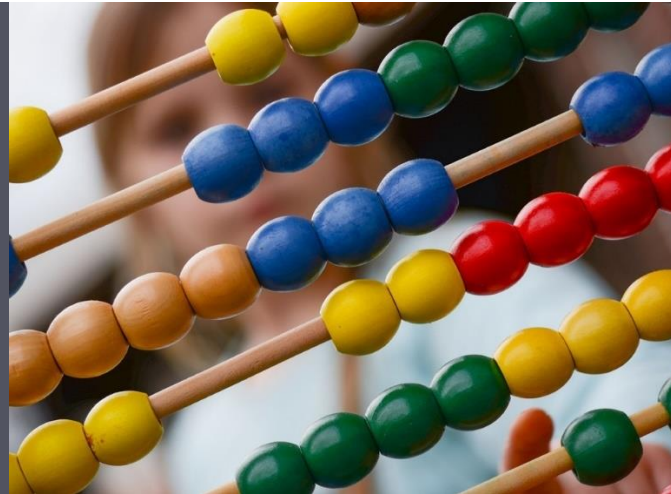
## County Donegal

Locations are chosen to facilitate groups



### Weekly Themes / Concepts

- ⊙ Breaking the Silence
- ⊙ 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



### Weekly Themes cont..

- ⊙ "It's not our fault" – understanding responsibility
- ⊙ Problem Solving – solve problems in positive ways
- ⊙ Dealing with family changes
- ⊙ The best me I can be – Self esteem

