

FREE GROUPWORK IN SCHOOLS FOR CHILDREN



THAT HAVE EXPERIENCED DOMESTIC ABUSE



Me and Others

This programme aims to provide young people aged 11-16 with an opportunity to explore and learn about what relationships are all about. It highlights what healthy and unhealthy relationships look like, our personal boundaries within these relationships and where to go if we need help regarding this.

The programme aims to equip young people with the tools and confidence to make safe choices within relationships and empower them to practice these alongside utilising their support network if they have any concerns.

The group runs over 10 weeks with sessions lasting 1 hour 45 mins.

Me and Us

This programme aims to provide children aged 5-11 with an opportunity to explore and learn what relationships are all about. It considers what makes a relationship healthy or unhealthy.

We want to equip children with the knowledge to make safe choices and have the confidence to share concerns with their trusted adults.

The group runs for 1 hour 15 mins per week for 10 weeks.

Do you a group of five or more children? similar ages (over age five) who have experienced Domestic Abuse and would benefit from one of these programmes?



For further information, please contact:

email: info@endas-org.co.uk **tel:** 0300 0120154

**Northamptonshire
Domestic Abuse Service**

