

Le programme pour les mères et leurs enfants exposés à la violence est disponible en français au Centre de Santé Communautaire du Niagara.

Pour renseignements, appelez le

(905) 734-1141

If you have any questions about violence in the home and its effects on children, call the:

FAMILY COUNSELLING CENTRE

905-937-7731

or toll-free **1-888-937-7731**

(ext. 3345)

and ask for:

FOR ME & MY MOM

**Child Witnesses of
Domestic Abuse**



The Family Counselling Centre is a division of Family and Children's Services Niagara and is accredited by Family Service Ontario.

This program is funded by the Ministry of Community and Social Services/Ministry of Children's Services.

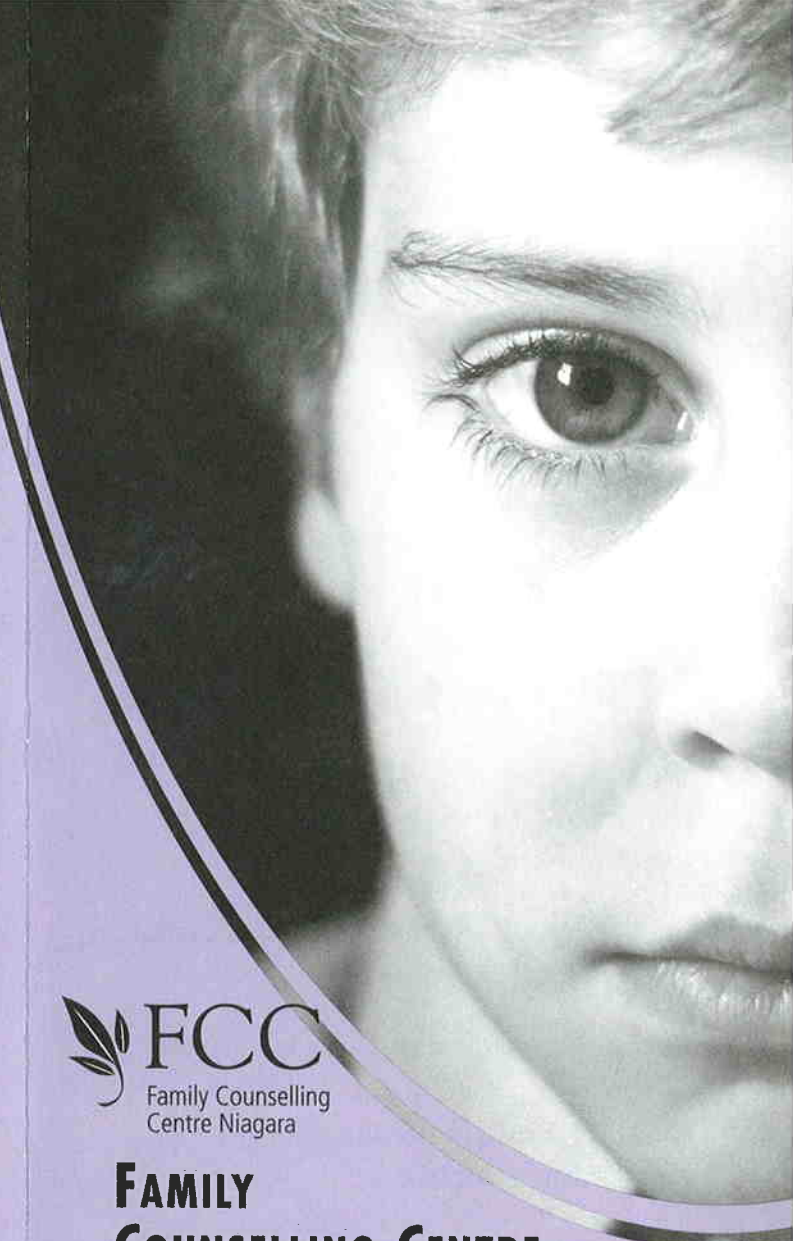


**FAMILY
COUNSELLING CENTRE**

FOR ME & MY MOM

**Child Witnesses of
Domestic Abuse**

Help for children and their parents



FOR ME AND MOM

**Individual and family counselling
for mothers and their children
who have experienced
woman abuse in their families**

- *General counselling*
- *Supportive counselling*
- *Assistance with appropriate referrals
for other services*
- *Safety planning*

This program seeks to:

- Increase the safety of women and children who have experienced woman abuse
- Ensure the lives of women and children are not further endangered
- Support mothers, in their parenting skills, as they assist their children to heal from the effects of witnessing violence
- Support women to understand their rights, self esteem needs, as well as violence prevention strategies

What children need to know:

- Violence can come from words or actions.
- You are not to blame when others are violent.
- You can't stop others from being violent.
- It helps to talk about your feelings with someone you trust.
- It's important to know a few adults you can trust.
- YOU are an important person.

What parents need to know:

- Seeing or hearing violence at home hurts children.
- Children usually feel scared and mad and sad when they live with violence.
- Children think they're to blame when there's violence at home, but they're not.
- Your children need you to help them be kids.
- Children always feel caught in the middle.
- YOU can get help too.

***Nobody deserves
to be hurt!***

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