

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 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:

SIDE BY SIDE

**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.

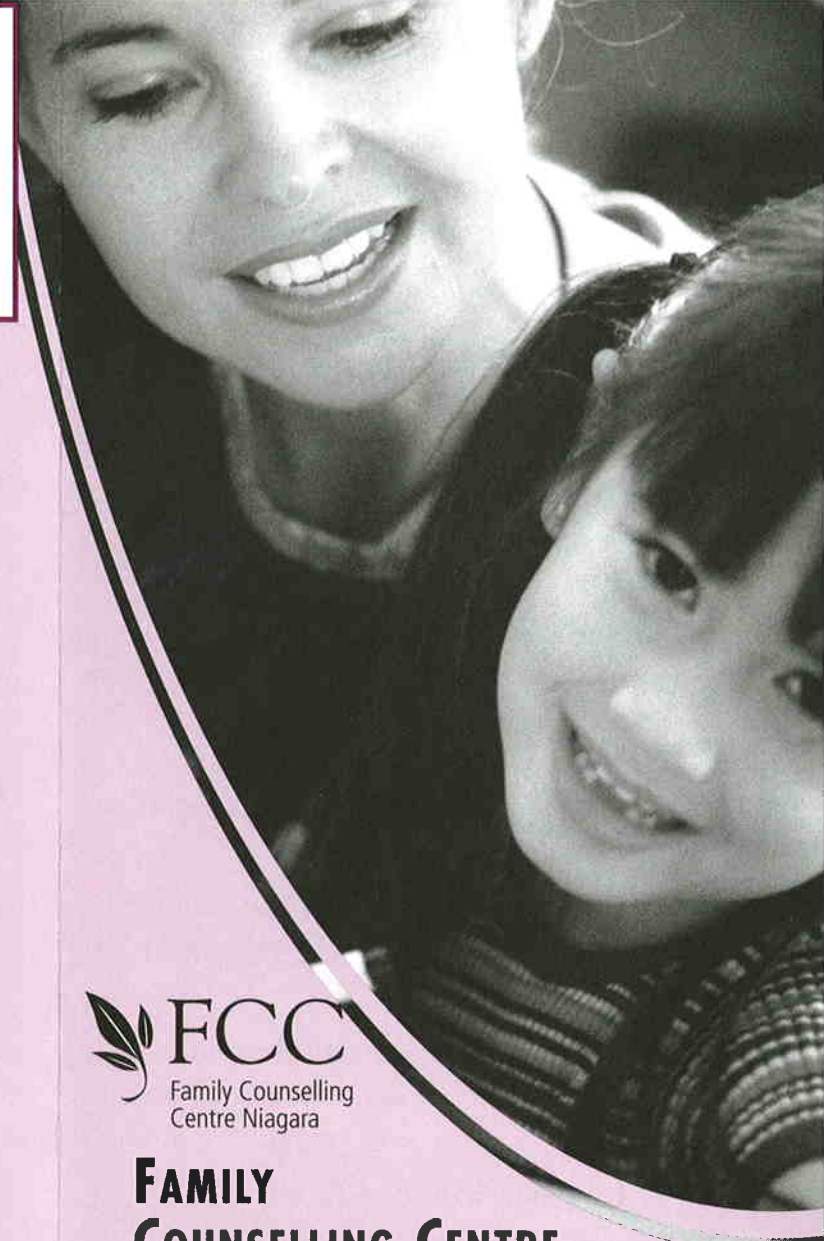
This program is funded by the Ministry of Community and Social Services/Ministry of Children's Services.



**FAMILY
COUNSELLING CENTRE
SIDE BY SIDE**

Mom's & Children's Program

Support groups for children and their mothers who have experienced woman abuse in their families.



SIDE BY SIDE

Support groups for children and their mothers who have experienced woman abuse in their families:

- *10 week program*
- *serving the Niagara Region*
- *groups are free*
- *assistance with transportation*
- *help available for child care*
- *for children ages 4 - 18 and their mothers*
- *cultural interpretation if needed*

Children's Group

- A supportive place where children can make sense of their feelings.
- A safe place where children can meet other children who have experienced woman abuse.
- A learning place where children will discover that they're not alone and not to blame.
- A playful place where children learn through art, role playing, games, videos, and story telling.
- A positive place where children increase their self esteem.

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

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Mother's Group

- Building support networks and links to community resources.
- Problem solving and gaining information.
- Helping mothers and children get along better.

Opportunities for you to discuss:

- *self esteem and self care*
- *children's experiences of woman abuse*
- *how to further help your children*
- *custody and access*
- *personal safety*

***The mothers' groups are offered
at the same time and place as
the children's groups!***

For more information, please call

905-937-7731 (ext. 3345)

Toll-free 1-888-937-7731