

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



### Interagency Partners of TLC KIDZ:

Are area dependent but often consist of:

- ◉ Tusla
- ◉ Family Support Organisations
- ◉ Specialist Domestic Violence Services
- ◉ Gardai
- ◉ Health including mental health
- ◉ Education
- ◉ Youth Work Organisations

### Referral criteria:

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

Name: **Niamh Booth**

Email:

**[niamhbooth@teachtearmainn.ie](mailto:niamhbooth@teachtearmainn.ie)**

Tel: **087-6337148**

Once you make contact with the coordinator, they will phone you for a confidential discussion.



# TLC KIDZ PROJECT

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



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

The children's group and mother's group run concurrently on the same week and cater for children aged between 5 -16 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 what happened between their mum and dad is not their fault
- ⊙ Looking at coping strategies for the future

**Mother's groups** support women in understanding how to help their children recover by:

- ⊙ 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**

