

Barnardo's Children & Family Centre's in Gloucester City:

Bartongate Children and Family Centre, Sinope Street, Gloucester GL1 4AW. Tel: 01452 417593.

Finlay Children and Family Centre
Tredworth Road, Gloucester GL4 6TL. Tel: 01452 530312.

Kaleidoscope Children and Family Centre, Sherbourne Street, Kingsholm, Gloucester GL1 3DN. Tel: 01452 520182.

The Lighthouse Children and Family Centre, Linden Road, Linden, Gloucester GL1 5JA. Tel: 01452 872290.

The Link Children and Family Centre, Matson Avenue, Matson, Gloucester GL4 6BE. Tel: 01452 560451.

The Oaks Children and Family Centre, Holmleigh Road, Tuffley, Gloucester GL4 0RN. Tel: 01452 526856.



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under our
umbrella**



women's aid
until women & children are safe
www.womensaid.org.uk

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH



**five to
thrive**

The things you do
every day that
help your child's
growing brain

Service Name: Gloucester City TFS Service
Manager: Alison Nicholas (CSM)



**Changing childhoods.
Changing lives.**



Rockpool Adult & Child Domestic Abuse Recovery Toolkit

Information leaflet for professionals

To book a place on the next
programme Visit:
www.glosfamiliesdirectory.org.uk
and select the icon "parent work-
shops" then search the
programme title.

Adult Domestic Abuse Recovery Toolkit

This programme is delivered over 12 week (Excludes half terms)

During the 12 weeks we are going to look at;

- ♦ Negative thoughts and changing them to positives
- ♦ what is abuse and its effects on relationships?
- ♦ Boosting self esteem, and positive self-talk
- ♦ How abuse impacts our parenting styles & coping with toxic stress
- ♦ Being assertive, managing conflicts
- ♦ Setting boundaries and developing trust
- ♦ Processing the grief cycle, healthy relationships and positive outlooks for the future.

Important information—please read:

The parent attending the course has to no longer be in the abusive relationship

If the parent is in a new relationship the safety of this relationship needs to be explored prior to booking them on

The child/ren do not primarily live with the abusive parent.

The child/young person programme is delivered within the age bracket of 5 to 11 years.

The key principles of the programme are:

- R**—Relationships are key to recovery
- E**—Empowerment through choice
- C**—Connectedness within groups
- O**—Objectivity via emotional regulation
- V**—Vigilance & awareness of behaviours
- E**—Empathy & understanding others
- R**—Respect for all
- Y**—You to enable the real person to emerge

Children & Young People's Domestic Abuse Recovery Toolkit

This programme is delivered over 8 week (excludes half terms)

During the 8 weeks we are going to look at;

- ♦ Understanding negative thoughts and changing them to positive
- ♦ Boosting self-esteem and positive self talk
- ♦ Understanding different types of families,
- ♦ Exploring our identity and self worth
- ♦ managing our feelings and looking at healthy relationships.