Guiding Principles

- Provide an opportunity for children to tell their stories re; hurting in their families & to be heard, believed & validated.
- Children learn to keep themselves safe.
- Children will achieve an understanding that all types of abuse is wrong.
- Children will understand that they are not responsible for what happened.
- Children are supported to identify & express emotions.
- Children will learn effective problem-solving skills

Interagency Partners of TLC KIDZ:

- Barnardos
- TUSLA Child & Family Agency
- Clonmel Community Mother's
- Clonmel Community Resource Centre
- Tipperary Rape Crisis & Counselling Centre
- Cuan Saor Women's Refuge and Support Service
- MEND
- School Completion Programme
- Youth Work Ireland Tipperary

Referral criteria:

- Open to children between the ages of 5-16 (in appropriate age groups) depending on availability.
- Open to children from South Tipperary.
- 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 Carol McDonnell on:

Email: info@clonmel.barnardos.ie

Phone: 052-6170665

Postal address:

TLC KIDZ,

Barnardos, FWC Project,
140 Mountain View,
Elm Park, Clonmel
Co. Tipperary.

Once you make contact with Carol someone will phone you for a confidential discussion.

TLC KIDZ

12-week Group work Programme for Children and their Mothers who have experienced Domestic Abuse

During the 12-week group work programme, the children's and mother's group run concurrent on the same week.

Themes and concepts introduced each week to children are also incorporated into the mother's group sessions.

The emphasis throughout is to support women in the knowledge of how to best help their child in healing from the impact of abuse.

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
- "It's not our fault" - understanding **responsibility**
- **Problem solving** - solve problems in positive ways
- Dealing with **family changes**
- The best ME I can be - **Self esteem**