

CHILDREN'S SERVICE WORKER

The Shelter's Children's Service Worker will:

Be available for children that come to stay at the shelter with mom.

Advocate and support mom while staying in the shelter.

Make referrals for mom regarding children's services in community.

Organize off-site activities for kids staying in shelter.

Organize on-site activities such as movie nights and crafts.

CHILDREN'S OUTREACH PROGRAM

The Children's Outreach Worker will:

Meet with children who have witnessed violence in the home.

Provide groups for children.

Provide individual counselling for children.

THREE OAKS OFFERS:

- * 24 hour crisis information from experienced counselors.
- * 24 hour emergency shelter.
- * Safety planning.
- * Individual counseling.
- * Referrals and advocacy.
- * In house children's program.
- * Interpreters.
- * Support groups for women.
- * Help to find and keep new safe housing.
- * College Student placements.

24 Hour Crisis Line

613-966-3074

1-800-267-0533

Centre Hastings

613-473-1976

www.threeoaks.ca



Children's Services

Have your children witnessed violence against you?

Children can be affected when they hear or see violence against their mother.

WITNESSING INCLUDES:

- Children may feel confused, scared or blame themselves.
- Children may be injured if they try to referee or rescue mom.
- Children may blame mom for the abuse.
- Children may become angry and aggressive; or the opposite; they may become sad and withdrawn.
- Children may refuse to respect mom's authority.

WE CAN HELP. WE HAVE GROUPS FOR CHILDREN.

In group children will:

- Work on making their own safety plan.
- Learn to express their feelings safely.
- Discuss their feelings of guilt, shame or loss.
- Practice problem solving.
- Take part in exercises that will build their self-esteem.
- Have fun.
- Mothers can participate in a separate group at the same time as their children.



WHAT PARENTS SAID ABOUT THE CHILDREN'S PROGRAM.

"The most important thing about the service was the support for my children."

"I feel Three Oaks has really helped me and my children."

Groups are offered in the fall, winter and spring of each year.

Group counselling is not for everyone.

Some children may not be ready to participate but can benefit from just listening to others.

We provide individual counselling and support for children who are not ready to enter a group setting.

Groups are also available for mothers.