



CHILDREN'S SERVICES



CHILDREN CAN BE EXPOSED TO
DOMESTIC VIOLENCE IN
A VARIETY OF WAYS



CHILDREN'S OUTREACH PROGRAM

- ✓ The Children's Outreach Counsellor will provide early intervention to children aged 4 to 16 in Hastings and Prince Edward County who have been exposed to domestic violence.
- ✓ The Children's Outreach Counsellor will provide children with the opportunity to process and understand the abuse experienced by the family, while developing constructive coping strategies through individual counselling.
- ✓ Program topics include, but are not limited to the following: managing emotions, types of abuse and myths about domestic violence, safety planning, conflict resolution, communication styles, boundary setting, healthy relationships and self-esteem.
- ✓ The Children's Outreach Counsellor will collaborate with mothers and their children to create a safety plan in the event of further violence. The purpose of the safety plan is to prepare children so that they may make safe choices for personal protection.
- * Triple P services are available upon request to help mother's reclaim authority and assert positive parenting strategies during their journey of parenting after abuse.

CHILDREN'S GROUP

Three Oaks offers group intervention to children in an effort to end the cycle of violence. The focus of group sessions will be reducing feelings of isolation and promoting the healthy expression of feelings in a safe, validating environment.

To inquire about the
Children's Program call:



613-966-3074

Learn more at www.threeoaks.ca