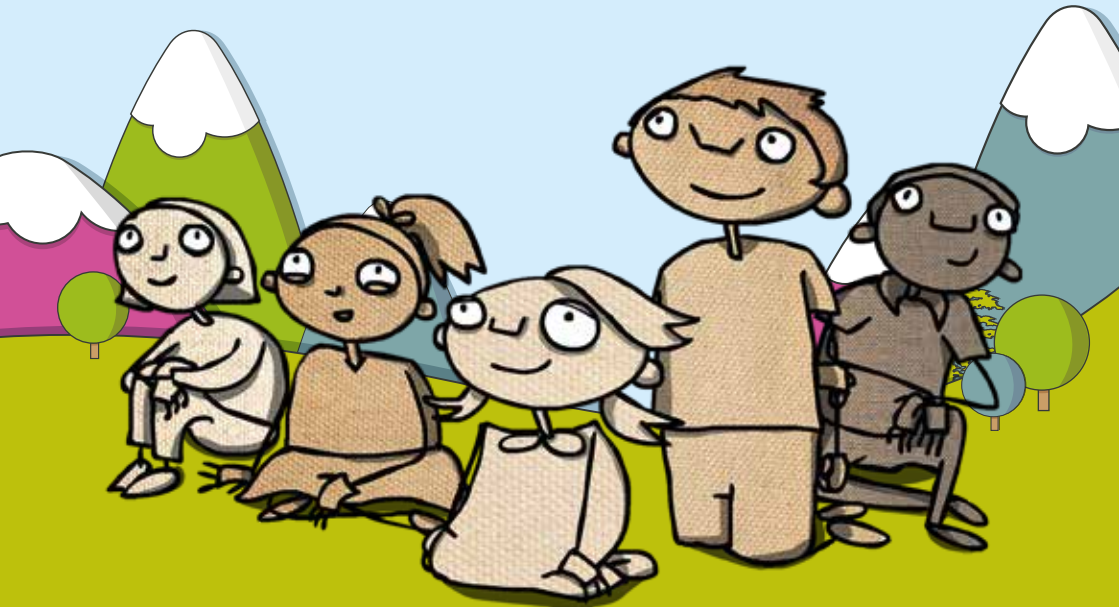




Your  
**edamh**  
your support, your journey

# Information for Children



Hurting In The  
Family Can Make  
You Feel

**LONELY**

**SAD**

**CONFUSED**

**SCARED**

**ANGRY**

**FRIGHTENED**

**WORRIED**

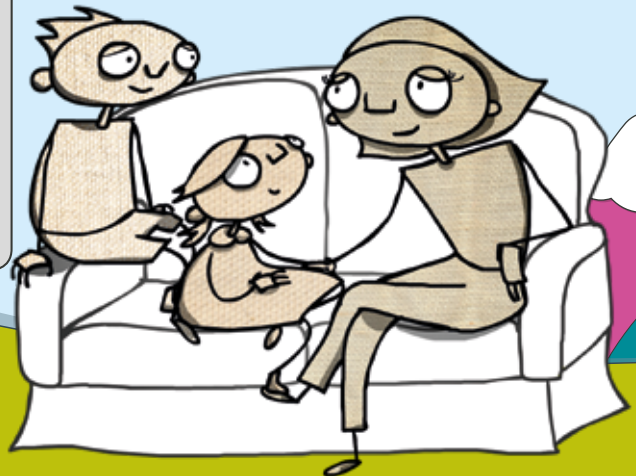
Hurting In  
The Family  
Is Wrong -  
It Is Not  
Your Fault

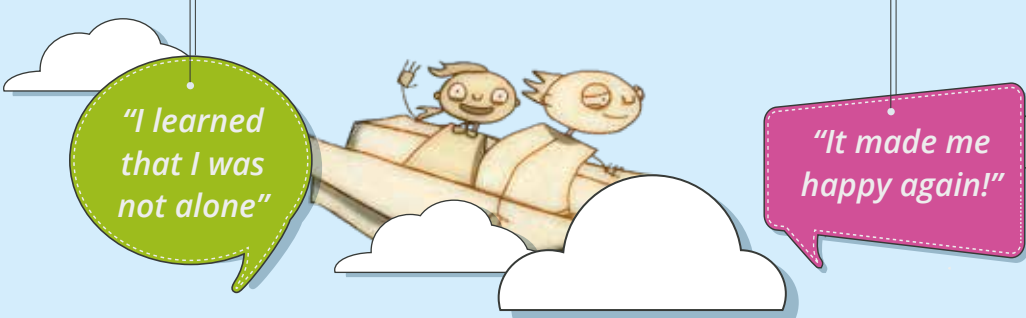
# The CEDAR Project

The **CEDAR Project** has a group you can go to which will help you to understand what has happened in your family and talk to your Mum or Carer about this. The group meets once a week for 12 weeks. Each week there will be lots of different activities. Coming to the group will help you...

- ✓ **To feel safe**
- ✓ **Feel good about yourself**
- ✓ **Talk about your feelings**

There will also be free time to play each week and tasty snacks.





*"I learned that I was not alone"*

*"It made me happy again!"*

## Who else will be at the Group?

There will be other children in the group, all about the same age as you. They will all have experienced hurting in their families. There will be adult group workers to help you make friends and take part in the activities. Your mum can also go to her own group which will help her talk to you about what has happened in your family.

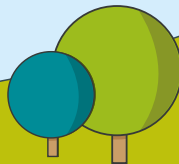
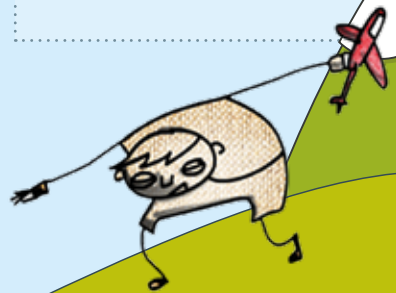
## Who will know that I am going to the Group?

The groups will be during the school day and we will arrange to get you there and back. Your mum and teacher will know where you are going. They will not talk to other people about where you are. It is up to you who else you tell and staff can help you with this.

## Confidentiality

Confidentiality means that you can talk to other people in the group and they won't tell anyone else what you've said.

BUT if the workers in the group think that you or another person might not be safe, then they will talk with people about how to keep you safe.



*For information or to make a referral please contact the CEDAR Co-ordinator*

**0141 955 3040**

### Useful Phone Numbers

Police .....999

Childline .....0800 1111

Women's Aid .....0141 776 0864

Rape Crisis .....0141 552 3200

Scottish Domestic

Abuse Helpline .....0800 027 1234

