



# Information for Mothers

CEDAR provides a therapeutic group work programme for children, young people and their mothers who are in recovery from domestic abuse.



## What is Domestic Abuse?

### Emotional

Threats, insecurity, isolation from family and friends, being degraded, humiliated and bullied.

### Financial

Withholding money, controlling accounts, no holidays.

### Physical

Slapping, pushing, punching, strangling, using weapons, scalding or burning.

### Sexual

Rape, unwanted sexual attention or touching, forced to watch or make pornography.

### Effects on Children

Can include anxiety, fear, anger, loss of family/friends, disruption at school, being hurt, feeling guilty.

*"I learned that it wasn't my fault"*

# Children's Groups

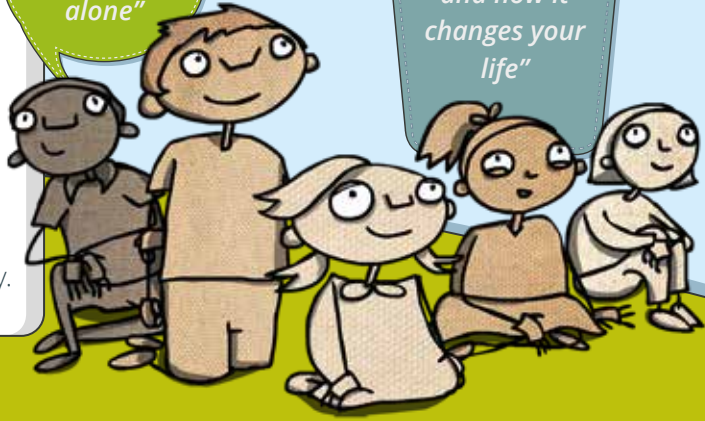
The groups run for 12 weeks, meeting around 2 hours weekly. Children have the chance to talk about their feelings and share their experiences with each other through activities, discussion and games. Topics covered include anger, self esteem and safety planning. Groups take place locally in community venues and are normally during the school day. Transport can be provided to get the children to and from the groups safely.

**Children and young people who have taken part in similar groups have said...**

*"I learnt I was not alone"*

*"It made me happy again!"*

*"I learnt what domestic abuse is and how it changes your life"*



# Mothers' Groups

**Mothers' groups** also run for 12 weeks and meet for around 2 hours a week. During each session you are introduced to the topic that your child will be covering in their group. You will get the chance to see the materials that they will be using and find out about their activities. With other mothers you will get the chance to talk about your and your children's own experiences and discuss ways to support your children. *We can help with child care and transport. Groups will be held locally at a convenient time.*

**Mothers who have taken part in similar groups have said...**

"The group helped me to come to terms with what happened"

"My child and I are closer"

"I am more confident"

## Confidentiality Policy

At the CEDAR Project you can talk freely about your experiences, without fear of what you say being repeated to people you have not chosen to share with. However if workers are concerned that someone may be at risk then information may need to be shared with relevant agencies. Staff will deal with all issues sensitively. An appropriate person at your child's school will know that they are attending the group. It is up to you who else you tell.



*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

