

The group treatment programme is based on a model of work developed in Ontario, Canada, with children who have experienced Domestic Abuse.

Research has shown that through group treatment, which includes support from their mothers, children can begin to resolve the trauma that they have experienced. They do this through telling their experiences and receiving validation by adults and peers they can trust.

**Referrals cannot be accepted where the perpetrator still lives in the family home.**

**The abusive relationship must have ended.**

**THIS IS NOT A PARENTING PROGRAMME**

For more information, please contact:

Hands Are Not For Hurting Team

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Nottinghamshire  
**Women's Aid**  
Survive & Thrive

**Hands Are Not For Hurting**

**Programme  
Information Leaflet**

Groups for children (under 11 years)  
and their mothers who have  
experienced domestic abuse

## **What is the Hands Are Not For Hurting Programme?**

It is an 8 week therapeutic group programme for children and mothers who have experienced Domestic Abuse.

Any woman can attend if:

- You have experienced Domestic Abuse and have children aged under 11 years.
- The person who was abusive has left the family home
- You live in North Nottinghamshire (Bassetlaw, Mansfield, Newark & Sherwood)

The aim of the programme is to create a safe space for children and provide them with the opportunity to disclose, process and understand the abuse they have witnessed.

Also, to help mothers understand their child's experiences, thoughts and feelings in relation to the abuse and to help rebuild the communication pathways between parent and child.

## **What happens at the children's group?**

The programme helps build a child's self esteem by focusing on helping them deal with their emotions relating to the abuse and understand that what happened was not their fault.

We do this by using a variety of resources. The key concept is for children to have their experiences validated and explore a variety of issues.

Topics covered include:

- Understanding abusive behaviours
- Responsibility & Blame
- Positive Problem Solving
- Understanding feelings
- Safety planning

## **What happens at the women's group?**

The mothers' group runs parallel to the children's' group. The aim is to provide a safe and supportive environment to help mothers prepare for issues raised in the children's group and help them understand their child's behaviour better (relating to their experiences of abuse), gain confidence to support their children and strengthen the relationship between mother and child.

**For the last part of each session, mothers and children will be brought together to complete a joint activity.**