



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

# You and Me, Mum

The 'you and me mum' programme is a 10 week programme that is now running within Nottinghamshire Women's Aid. We aim to run this program across North Nottinghamshire, covering Mansfield, Bassetlaw, Newark and Sherwood.

This program focuses on supporting mothers who have been impacted by domestic abuse. It will explore how domestic abuse affects women as parents and how it can affect their children. The aim of the program is to empower mothers to empower themselves and their children in their recovery and moving forward from domestic abuse.

## **The course objectives are:**

- To understand how domestic abuse affects you as parent.
- To understand the affects of domestic abuse on children and young people.
- To develop effective communication skills with children & young people
- To promote healthy and non-abusive relationships.
- To explore key protective behaviour messages and strategies for keeping mothers, children and young people safe

**If you are a survivor of domestic abuse living in Mansfield, Bassetlaw or Newark and Sherwood you can speak to your support worker, about being referred to this program or you can self refer by calling The Farr Centre on 01909 491 330. Alternatively, you can email [enquiries@nottswa.org](mailto:enquiries@nottswa.org) and we will be in touch to discuss a referral into the program.**

**Professionals can refer women to this program by calling The Farr Centre or emailing [enquiries@nottswa.org](mailto:enquiries@nottswa.org)**