



# Helping Hands

**Activity Programme for Children and Young People who have been affected by Domestic Abuse and Violence**

**Helping Hands is a child friendly program designed by Women's Aid to support children and young people who have been affected by domestic abuse.**

**The programme aims to increase children's understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment.**

**We run groups for 5-8 year olds and 9-12 year olds**

**The Helping Hands Programme helps children and young people to:**

- **Develop their level of self-esteem and confidence**
- **Enables children to explore and express feelings**
- **Informs children of their right to feel safe at all times**
- **Increases children's abilities in safety planning**
- **Encourages children to seek support when needed**
- **Empowers children to identify their own personal support network**
- **Explores how choice of behaviour can affect the feelings of others**
- **Identifies ways to manage conflict**
- **The programme also gives children the opportunity to meet other children who may have been through similar experiences**



**Please call Sandra Parker for information for the 5-8 age group  
Jane Brewster for 9-12 age group on 01449 745155**