

Contact Us!

If you are being hurt, your kids are hurting too.

The **Believe in Me** program is available to children/adolescents and their mothers residing in Oxford County.

Believe in Me operates with the understanding among all participants that information shared is to be kept confidential.

Would you, or someone you know, benefit from this free program?

To register for the next session, make a referral, or find out more about the **Believe in Me** program call or email us:

519-539-7488 ext. 225

info@daso.ca

What former participants have said about Believe in Me...

"It gave my kids the confidence they needed to make changes in their own lives. It also gave me emotional support for my struggles as a single mom."

"The program was very self healing and positive.... I recommend it for women and their children."

"The group meal is a welcoming and nice way to connect with your child."

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Domestic Abuse Services Oxford

975 James Street
Woodstock, Ontario N4S 0A5

24 Hour Crisis/Help Line:
519-539-4811 or 1-800-265-1938

TTY: 519-539-1979

All other calls: 519-539-7488

Fax: 519-539-3533

Email: info@daso.ca

Website: www.daso.ca

Facebook: Domestic Abuse
Services Oxford

*All services for women and children
are free and confidential.*



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Believe in Me is...

- ✓ Free, fun and confidential
- ✓ Tailored to the ages and needs of the participants
- ✓ Designed to help families share, heal and move forward

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*Changing lives and
inspiring hope
since 1974*

DOMESTIC ABUSE SERVICES OXFORD
protection | prevention | possibilities

Domestic abuse hurts everyone, including children

Children and teenagers who are exposed to domestic abuse in their homes suffer in many ways – even if they are not direct targets of the violence.

Parents often believe they have managed to hide the abuse from their children, but research shows that children see or hear many of the incidents.

By helping children overcome the trauma of being exposed to domestic abuse we can break the cycle of violence.

Potential Impacts of Exposure to Domestic Abuse

Children and adolescents who witness their mother being abused may experience a range of symptoms and behaviours:

Physical - stomach aches, headaches, insomnia

Emotional - depression, anxiety, guilt, self-blame, post-traumatic stress disorder

Behavioural - aggression, violence, suicidal behaviours, alcohol/drug abuse, truancy

Academic - difficulty concentrating and learning

Social - feelings of isolation, difficulty making/keeping friends and trusting others

Behaviours will vary depending on factors such as the child's age and temperament. Studies show that without some form of help, children who witness/experience domestic abuse are at significant risk for long-term physical and/or emotional issues.

There is help

Believe in Me, a program developed and delivered by DASO, helps children and teens – and their mothers – deal with the effects of experiencing/witnessing domestic abuse in their homes.

Participants meet weekly for nine weeks.* Sessions begin with a nutritious meal followed by group discussions and activities aimed at helping mothers and children heal and move forward. Themes and topics include conflict resolution, awareness of feelings and safety planning.

Moms' sessions include suggestions for supporting their children and building the foundation for a happy, healthy life.

Believe in Me offers...

✓ **A chance to heal from the effects of abuse in a safe, supportive setting. Mothers and their children/teenagers:**

- discuss what has happened in their family
- learn that they are not alone and not to blame for the violence
- share feelings, concerns and ideas

✓ **Tools for developing happier, healthier relationships**

- positive communications
- healthy ways to express feelings and cope with frustrations
- problem solving skills
- building self-esteem
- respect for self and others

✓ **Fun and friendship**

- games, crafts and activities
- tasty meals and snacks
- get to know others in the same age range who have had similar experiences

Assistance with transportation and childcare may be available.

* Program duration is generally 8 to 12 weeks and is subject to change.