

Children can attend the programme even if their mother does not, but children respond best when mothers participate.



Referral criteria:

- Open to children between the ages of 5-16 (in appropriate age groups) depending on availability.
- Open to children from Limerick.
- Separation has occurred and the perpetrator no longer resides at the family home.

If you would like to make a referral or if you would like to attend this group, please contact the TLC KIDZ Coordinator on:

Email: valerie.gleeson@barnardos.ie

Mobile: 086 0453985

Postal address:

TLC KIDZ,
Barnardos,
373-374 O Malley Park,
Roseview Drive,
Southill,
Limerick.

Once you make contact with the coordinator, they will phone you for a confidential discussion.

Location: Limerick City and County

Interagency Partners of TLC KIDZ:

- PPFS Tusla Limerick
- Tusla-Child and Family Agency
- ADAPT Domestic Abuse Services Limerick
- Barnardos limerick South

TLC KIDZ

12 week Group work Programme for Children and their Mothers who have experienced Domestic Abuse



Location: Limerick City and County

During the 12 week group work programme, the children's and mother's group run on the same week.

Themes and concepts introduced each week to children are also discussed in the mother's group sessions.

The focus throughout is to support women in the knowledge of how to best help their child in healing from the impact of abuse.



Children's groups help children begin the healing process by:

- ⦿ Allowing children to share their experiences with other children
- ⦿ Exploring ways of expressing their feelings safely
- ⦿ Helping children understand what happened between their mum and dad is not their fault
- ⦿ Looking at coping strategies for the future

Mothers groups support women in understanding how to help their children recover by:

- ⦿ Giving mothers an opportunity to meet other women who have had similar experiences and share their feelings
- ⦿ Exploring the impact their experiences may have had on their children
- ⦿ Finding ways to heal from the past and look to the future thereby strengthening the bond between mother and child

Weekly themes/concepts

- **Breaking the silence** that 'hurting' happens in families
- Understanding our many **feelings**
- **Children's experiences** of the 'hurting' that happened
- **Anger** is important - understanding and expressing it
- **Staying safe** - my personal safety plan
- "Its not our fault" - understanding **responsibility**
- **Problem solving** - solve problems in positive ways
- Dealing with **family changes**
- The best ME I can be - **Self esteem**

