

# SURVIVING DOMESTIC VIOLENCE

## A PROGRAM FOR MOTHERS & CHILDREN

### WHAT PARTICIPANTS HAVE SAID ABOUT THE GROUP...

#### CHILDREN

- "I am not alone and it can happen to anybody."
- "I have learned tips on how to deal with things at home and at school."
- "I have learned to be comfortable to talk about my feelings. I am not keeping my sad and upset feelings for myself."

#### MOTHERS

- "[The group] has opened bridges of communication between me and my son...we have more conversation again about difficult stuff."
- "I am more patient and more aware of what is going on [for my children]. My job is to listen more."
- "I do feel closer to my child and it's nice for us. It acknowledged for us that we have been through this together."

**WHEN:** April 3<sup>rd</sup> – May 22<sup>nd</sup>, 2018

Tuesdays 6:00 pm - 7:30 pm

**WHERE:** Carlington Community Health Centre (900 Merivale Rd.)

#### **THERE IS NO COST FOR THIS GROUP**

Child care and transportation subsidies are available when necessary

This group is for children (**ages 10 to 12**) and their mothers

#### **Information / Registration**

Family Services Ottawa: 613-725-3601 ext. 117