

### Who are we?

We are a children and young person's team dedicated to supporting those aged 5-18 years who have experienced domestic abuse and those who are exhibiting difficulties with their family and peer relationships.

### 1:1 support

As well as groups and programmes for children and young people, we provide 1:1 support. Sessions can be held either at school or at one of our offices. 1:1 support is available for those who would not suit a group environment or those who have more complex needs.

### What do we do?

We aim to support young people by offering a wide variety of groups and programmes which are best suited to a person's needs. We aim to minimise the impact of adverse childhood experiences by using a trauma informed approach throughout our practice.

# Ar trac Minis

Ages 5-11



## Who is minis suitable for?

6 - week  
programme based  
in school

Does your child have low confidence and self-esteem and struggle to express their emotions in a positive way? They may benefit from this programme which can help to positively address these topics through child-led play.

## Learn through play

The groups are run through the use of arts, crafts and games. Play improves the wellbeing of children physically, cognitively and emotionally. Children are able to build confidence and work on relationships through the use of play in the sessions.

## Family Trip

To celebrate the end of the group, all the amazing young people are invited to a family trip out.



## healingtogether

### What is Healing Together?

The Healing Together programme provides support for young people who are impacted by domestic abuse. This trauma informed programme is based on 6 sessions, and each session is delivered within 60 minutes. The programme can be delivered as a group programme or on a one-to-one basis within different settings (i.e. schools, community services).

The programme has been carefully put together to help young people learn about how their body and brain can work together to help them feel safe and calm. They will not be asked to talk about their experiences of domestic abuse. This is a programme to help young connect and learn how to keep their brain and body feeling safe.

### What happens next?

Young people and their caregiver will be offered an initial assessment appointment. The assessment will take place with our welcoming facilitators. We will ask some questions to get to know you and tell you more about the programme.

The sessions are confidential in the sense that we do not share the information you tell us. However, if we are concerned about your safety, or the safety of someone else we will have to share this with the necessary organisations.

At the end of the session, the young person can decide if they want to attend the Healing Together programme.

## Contact Us:

info@westwalesdas.org.uk  
Helpline: 01970 625 585



Gwasanaeth Cam-drin Domestig  
West Wales  
Domestic Abuse Service  
Gorllewin Cymru

Charity No. 1131539  
Company No. 06926414

# Break4Change

AGES 11-16 YEARS



## Who is it designed for?

Break4change is a programme that supports families to make positive changes. The programme responds to the issues of child to parent violence. It helps to break the young persons patterns of controlling the home, being violent to parents, putting parents down and making threats. The group is run with both the young person and the parent, in parallel sessions; meaning the groups are run at the same time, in separate rooms. This programme can also be run on a flexible one to one basis.



## Young People

Young people are provided the opportunity to meet other children and use their creativity to express their feelings. This allows them to show others why they react and what triggers them to behave in a certain manner, while in a safe environment.

## Parents

Parents are given the chance to share their experiences with others about their home environments and child's behaviours. Parents work together to learn how to support their children and rebuild a bond. A film is made to create a conversation between the parent and child, providing a space to ask and answer questions around feelings and behaviour in a safe space.



## Topics Covered

Reducing Isolation  
Sharing Experiences  
Feeling Safe  
Listening  
Creativity  
Strategies to Work Together



# S.T.A.R Programme

Safety, Trust and Respect Ages 11-13 / 14-25



## Who is it for?

STAR Young People is suitable for young people aged 11-13 / 14-25 who are in relationships, have had unhealthy relationships in the past or have been affected by domestic abuse in the home.

## Topics Included:

- Respectful Relationships
- Domestic Abuse
- Gender Stereotyping
- Sexual Consent
- Sexting
- Pornography
- Sexual Exploitation
- Perception



## When will it run?

The programme is run over eight sessions which are each one hour long. They are usually delivered in small groups in a school setting. Young people who attend the programme can do so on a voluntary basis - it is not compulsory.



## By the end:

By the end of the programme, the young person will be able to:

- Identify what makes a healthy relationship
- Identify unhealthy relationships
- Know who can provide help and support Challenge each other's opinions and beliefs of what makes a healthy relationship and how we treat others.

