



# Free To Be Me

For children

Family harm or abuse can take many forms and affects everyone in the family (both women and children) in very different ways.

Healing from family harm is a process that leads to a brighter future.

If your child has experienced or been around family harm, including verbal, physical or emotional abuse, our Free to Be Me programme for children will help give them the support and confidence they need to feel safe again. We offer programmes for both children and women, providing tools and information for you and your family in a way that's right for you.



Free to Be Me is a programme for children who have witnessed or experienced family harm. The children's programme is completed in eight individual one on one sessions.

The programme is FREE and children can take part with or without a protection order in place.

### **In a kind, safe and friendly environment children will explore:**

- ▶ Strengths – mine and my family
- ▶ What is family violence
- ▶ Keeping safe
- ▶ When I feel angry, scared or sad
- ▶ How to be angry in an OK way
- ▶ Dealing with loss and change
- ▶ Conflict and problem solving
- ▶ Positive self-image and building self-esteem
- ▶ Feeling good