

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



**TLC Kidz is an interagency programme and facilitators who deliver the programme have expertise in working with children, young people and their families.**

### **This group is open to:**

- ⦿ Children and young people between the ages of 4-18 (in appropriate age groups) depending on availability.
- ⦿ Children and young people in Meath and Louth.
- ⦿ Where separation has occurred and the perpetrator no longer resides at the family home.
- ⦿ Children and young people have an awareness that hurting/fighting has occurred in the 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: [jake-tyler@dvservicesmeath.ie](mailto:jake-tyler@dvservicesmeath.ie)

Mobile: 087 3843159

Postal address:

TLC KIDZ,  
Meath Women's Refuge  
and Support Services,  
39 Flower Hill,  
Navan,  
Co. Meath.

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

# **TLC KIDZ**

**Louth & Meath**

**10 week Recovery  
Group work Programme  
for Children, Young People  
and their Mothers who  
have experienced  
Domestic Abuse**



TLC Kidz is an initiative funded by Tusla,  
Child and Family Agency

**TUSLA**

## What's involved in TLC Kidz

During the 10 week group work programme, the children's/young person's and mother's group run concurrent on the same week.

Themes and concepts introduced each week to children and young people are also incorporated into the mother's group sessions.

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



## Children and young people groups

help children and young people begin the healing process by:

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

**Mother's 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

- Getting to know **you**
- **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
- **Staying safe** - sexual awareness
- "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**
- Saying **Goodbye**

