

CHILD WITNESS PROGRAMS

FREE - ONLINE - PSYCHO-EDUCATIONAL - W/ FUN ACTIVITIES

We offer trauma-informed approaches and support for children and mothers to help explore and understand their feelings in a safe space.

LET'S TALK (AGES 8-12)

- 8-weeks
- After-school program
 - 1-hour online sessions per week
 - 1-hour moms group afterwards

Topics:

- Emotion regulation, self expression, safety planning & setting personal boundaries
- Fun activities & group games included!

LET'S MOVE (AGES 4-7)

- 4-weeks
- After-school program
 - 1 hour online sessions per week
 - 1-hour mom group afterwards

Topics:

- Identifying emotions, expressing ourselves, using our body to help calm down, encouraging mindfulness
- Fun, movement-based activities included!

CRITERIA

- Designed for children and women who have witnessed or experienced domestic abuse.
- Intake for admission required through screening team (see email below).
- Participants cannot be living with their abuser at the time of support.

MOTHERS IN MIND® (10-WEEK PARENTING GROUP)

- **Who can attend?** Designed for mother's & their children (under age 4) who have experienced interpersonal abuse and trauma (including childhood abuse, neglect, sexual assault or woman abuse).
- **Timeline?** 1 hour group discussion with moms & 30 min. story-time & songs with children
- **Details?** Provides mothers with the opportunity to access trauma-informed parenting information, while connecting with other mothers who have also had hurtful experiences in their lives.
 - Strengthens mothers' self-care, self-compassion and stress management skills in relation to parenting.
 - Strengthens parent-child relationships through sensitivity and responsiveness
 - Strengthens feelings of parenting self-efficacy.

INTERESTED?



Email screening@yellowbrickhouse.org to sign up!