



DOMESTIC ABUSE SERVICES
GWASANAETHAU CAM-DRIN DOMESTIG

Children
and Parent
Service



Life can be different



Llinell Gymorth Live Fear
Byw Heb Ofn Free Helpline

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If your children have been affected by domestic abuse, we know that their safety and wellbeing is one of your greatest concerns.

Here at Vale Domestic Abuse Services we offer support for children and young people as well as their parents.

“THE CHILDREN ARE FINE – HE/SHE IS A GREAT PARENT...”

Remember that most kids will be aware that abuse is happening even if you think they're not – even if it's not directed at them. They pick up on tension, they hear raised voices, they sense conflict and they see bruises.

Being a 'great parent' isn't about taking the kids to the park or making them laugh. A great parent treats their partner with respect. A great partner shows their children that safe, loving, equal relationships are built on kindness, trust and mutual respect.

Abusers are not great parents. They are frightening and they are damaging. They teach children that abuse is normal.

We can help your children come to terms with their experiences. We can help them understand their feelings. We can help you both move forward towards that bright and happy future together.

WE OFFER

- > One to one support for children and young people by creating a safe space for them to talk openly about their feelings and work with them to build strategies and understand their feelings and behaviours. We use drawing and talking and worry monsters to encourage children to engage with their feelings
- > Group work where children and young people can meet others in similar situations and learn about safety, healthy safe and equal relationships, feelings, anger, trauma and wellbeing
- > Engagement activities where children and young people can have some fun, access opportunities and build relationships

FOR PARENTS

Here at Vale Domestic Abuse Services, we know that the abuse you have been subjected to has had a big impact on you as a parent. We understand this and as well as providing support for your children we can provide support for you as a parent.

WE CAN HELP YOU TO

- > Support you with any post-separation abuse
- > Understand how domestic abuse affects you as a parent
- > Understand how domestic abuse can affect your children
- > Promote healthy, non-abusive relationships
- > Explore strategies for keeping you all safe
- > Turning your hopes, dreams and plans into a reality

WE OFFER

- > One to one support – a safe space to be listened to, develop a plan and options for action
- > Group work – access to therapeutic group work where you can learn from and with other parents





For more information call our helpline

01446 744755

or email

info@valedas.org



valedas.org

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