

## ABOUT THE COURSE

You & Me, Mum is a 10 week course programme for mothers which will help you understand how domestic violence affects you as a parent and how it affects your children.

It will empower, support and develop further understanding of your role as a mother in addressing the needs of your children and young people.

The course focuses on self empowerment and mutual aid. It doesn't work directly with children. It recognises the central role of mothers in the protection and positive development of their children and young people.

- Course participants can self-refer to the programme.
- Each session will be approximately 2 1/2 hours long.
- Course participants should have experience of taking part in groupwork.



## OBJECTIVES

1. To understand how domestic violence affects you as parent.
2. To understand the effects of domestic violence on children and young people.
3. To develop effective communication skills with children & young people
4. To promote healthy and non-violent relationships.
5. To explore key Protective Behaviour messages and strategies for keeping mothers, children and young people safe.



## WEEK BY WEEK

- Week 1:** An ideal family
- Week 2:** How domestic violence influences me as a mother (part 1)
- Week 3:** How domestic violence influences me as a mother (part 2)
- Week 4:** How domestic violence can influence my child or young person
- Week 5:** Survival strategies of children and young people
- Week 6:** How to deal with my child or young person's challenging behaviour
- Week 7:** When a child or young person acts abusively in your home
- Week 8:** How to support my child with protective behaviours
- Week 9:** Effective communication with your child or young person
- Week 10:** My hopes, my dreams, my plans



What previous participants say about the course

*“Attending the course does not mean you have a problem with your child. You’re OK. You just want it to be better for them.”*

*“I felt recharged and able to do something about helping my child.”*

*“The course is difficult but good. It benefits me to know about my children’s experience”*

*“I’m more aware of my children’s feelings and where they come from”*

*“It helped me deal with the guilt I feel and be stronger for my children”*

[www.womensaidni.org](http://www.womensaidni.org)



### You and Me, Mum

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24 Hour Domestic Violence Helpline

**0800 917 1414**

Open to anyone affected by domestic violence

[www.womensaidni.org](http://www.womensaidni.org)

## You and Me, Mum



Supporting children & young people who have lived with domestic violence

**A 10 week programme for mothers**

