



Art Workshop

The Art Workshop programme is designed for children and young people aged 8–12 years old.

Art workshops provide a safe introduction to our children and young people’s services. The programme introduces art activities in a fun, relaxed environment. It is also designed to support siblings of children who are attending the young people’s services.

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Art helped me to relax and meet other children like me.

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I enjoyed meeting new friends and felt excited about going to Transformers with them.

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Transformers helped me to share my feelings and talk to mum.

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women's aid

North Down and Ards

For more information about our work with children and young people contact:

North Down & Ards Women’s Aid
Bangor Advice Centre
18 Bingham Street
Bangor
BT20 5DW

Telephone: 028 9127 3196
Email: info@ndawomensaid.org
Website: ndawomensaid.org



Supporting Children & Young People

24 HOUR

Domestic & Sexual Violence Helpline

FREEPHONE

0808 802 1414

Open to *all women and men* affected by domestic & sexual violence

☒ text support to **07797 805 839** ✉ 24hrsupport@dvhelpline.org





Specialist staff offer support and guidance to children and young people who arrive at the refuge with their mother



North Down & Ards Women's Aid provides a range of free support services to children and young people affected by domestic and sexual violence.

All our work with children and young people is based on these fundamental principles:

- Domestic violence impacts negatively on children and young people as victims and witnesses.
- Children and young people have a right to safety and support services, which enable them to thrive and reach their full potential.
- By supporting mothers who have experienced domestic violence, children and young people are also supported.
- Children and young people have in built resilience, and with appropriate support and early intervention, this resilience can be nurtured and developed.
- Partnership working with other agencies is essential to ensure children and young people's voices are heard and support is available.

Helping Hands

The Helping Hands programme is for children aged 4–7 years. The aim of the programme is to increase the understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment.

The programme is a 5–6 week course full of activities and worksheet materials for mothers and children to engage together.

For every woman experiencing violence in the home there will usually be children who are also suffering.



Transformers

The Transformers programme is for children and young people who have experienced domestic violence within the home.

It aims to help children and young people explore their thoughts and feelings on domestic violence and equip them with safety planning for their future.

Transformers Stage I is a 10 week course for 8–12 year olds. The emphasis at this stage is on learning through fun. Activities include: painting; drawing; making masks; using clay; and making puppets etc.

Transformers Stage II, a follow on 10 week course, deals with issues from Stage I in more depth. Topics include: bullying; alcohol abuse; drug abuse; and healthy/unhealthy relationships.

Teenage Support Group is a 10 week course for 13–16 year olds on healthy/unhealthy relationships. Through group work and discussion, young people are encouraged to explore their experiences and feelings and make healthy choices for their own relationships.