

VOICE is a treatment group for children and parents who experienced violence or fighting in their homes. Parents and children aged 7 – 12 years will come to the group weekly (1½ hrs.) for 8 weeks. Parents and young children aged 3 – 6 years will come together for four group sessions.

Children's Group

This group helps children talk about fighting and violence so they know they are not alone. It will help children sort out how they feel about what has happened. The group teaches healthy ways to cope with feelings like anger and sadness. It helps them understand that violence is not their fault.

Some of the topics talked about are:

- **understanding feelings**
- **learning how to deal with anger**
- **finding ways to stay safe**
- **understanding it's not their fault**
- **learning to feel good about themselves**

Parents' Group

Violence hurts everyone in your family. By coming to the group parents will be better able to help their child(ren). In the group they will meet other people who have had the same thing happen to them.

Some of the topics talked about are:

- **learning what children do in their group**
- **helping one another**
- **understanding how violence happens and how it can make parents and children feel**
- **helping parents feel better**

If you are interested in coming to our next group, please call:

Central Intake

Tel: 777-2200



Janeway Family Centre
8th Floor Southcott Hall
Dr. L.A. Miller Centre
100 Forest Road
St. John's, NL.A1A 1E5
T: (709) 777-2011
F: (709) 777-2037



August 2009
January 2015.Rev

Voices
Of
Incredible
Children
Everywhere
Group



JANEWAY FAMILY CENTRE