

ATIRA WOMEN'S RESOURCE SOCIETY

CHILDREN WHO WITNESS ABUSE

DATE: Every Wednesday starting Sept 20th
TIME: 4:00pm - 6:00pm
LOCATION: White Rock

The Children Who Witness Abuse program is a 10-week program offering group and individual support to children and youth up to 18 years of age and their mothers/caregivers who have witnessed and/or experienced abuse. All services are free and confidential-snacks are included during the group.

CWWA Goals

- To validate children and young people's experiences
- To support children & young people to explore their thoughts and feelings in safe and healthy ways
- To learn about anger and different ways of expressing it
- To encourage positive self-esteem and healthy coping skills
- To create personal safety plans
- To explore communication and problem solving
- To develop awareness of the different types of abuse and their impact
- To support the understanding that victims of abuse are never responsible for the behavior of the abusive person

For more information or registration for this program please contact Alisha at:
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