

SWA

Providing support to children and young people to aid recovery from experiences of domestic abuse, using a trauma informed approach.



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our funders

The
Underwood
Trust

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BBC
**CHILDREN
IN NEED**

SWA

Children and Young People's Outreach



One to One Outreach

- Managing difficult emotions such as anger and anxiety
- Helping children to make sense of their experiences & cope with change
- Developing healthy coping strategies & problem-solving skills to build resilience
- Exploring behaviours in relation to what they have experienced
- Healthy friendship & relationships awareness
- Encouragement to pursue interests and develop confidence and self-esteem
- Helping children to feel safe



Group Recovery Work

- 2 hours per week for 10 weeks
- Small groups with experienced facilitators
- Children are grouped by emotional maturity and the content is tailored to the group.

We deliver:

- Helping Hands for KS1-KS2
- Recovery Toolkit for KS2-KS4
- Healing Together EYFS-KS4



We offer support to children and young people aged 5-18 years via 1-1 and group sessions. We will arrange to meet with you and your child at their school or other confidential setting to discuss the most appropriate support.