

# Stronger, Safer Families

## There's no excuse for abuse

A 12 week programme aimed at tackling abuse against parents and carers and restoring relationships between you and your child.

Over the 12 weeks you will both learn techniques to help you to help you manage and reduce violence in your home, improve communication and rebuild your relationship.

### Aim of programme



- You will each meet other people in similar situations.
- You will each have a link worker to support you through the programme and you will meet them before the programme starts.
- There are twelve separate sessions each lasting two hours.
- Carer's meetings will be in a central location.
- Young people will be supported in getting to their sessions after school.
- Snacks and refreshments are provided.

## In the sessions carers will cover



## And young people will cover



## For further information contact

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