

If you need to reach out for help in your community and don't know where to turn, the following services can help:

Safe Steps – Family Violence Response Centre

1800 015 188

24 hour emergency help

Parentline

1300 30 1300

8am – 10pm every day

Kids' Helpline

1800 551 800

24 hour help line

Maternal and Child Health Line

13 22 29

'We acknowledge that FamilyCare is located on the traditional lands of the Yorta Yorta and Bangerang people.'

We pay our respects to their Elders both past and present.'



FamilyCare is a dynamic organisation that works with individuals, families, and communities to increase wellbeing, build strengths, and encourage optimism.

P: 03 5823 7000

W: www.familycare.net.au

Helping Families Find Solutions



This project is funded by Victoria State Government



Delivered by



A relationship building group held weekly for mothers and young children who have experienced family violence



- *Are you a mother with one or more children aged four years or under?*
- *Have you had hurtful experiences as an adult or a child? Has your child experienced or witnessed hurtful behaviours?*
- *Do you wonder about whether those experiences effect you as a parent or on your relationship with your child?*

Children and Mothers in Mind is an Australian first program designed specifically for mothers and children under four years of age, who have had hurtful experiences and relationships.

In a safe group, our highly trained and experienced staff will support you and your child/ren for over 22 weeks to process your experiences and to help you with the challenges of parenting. You will also have access to one-on-one support during the program, as required, outside of the group setting.



Mothers who participate in Children and Mothers in Mind will:

- *Increase their confidence in responding to their children in a caring and sensitive manner*
- *Receive support to overcome hurtful experiences*
- *Discover helpful ways to cope with anger, worry and stress*
- *Develop ways to support children who have witnessed and experienced abusive relationships*
- *Learn how to support their children and explore what helps children to feel safe*
- *Spend time playing with and strengthening their relationship with their child*
- *Talk to other mothers who have had similar experiences, in a safe and supportive environment*
- *Find practical ways to take some time for themselves*
- *Have access to information and referral to other support services to make a fresh start in life*

Trained professionals will support your child during the program to ensure that they feel safe. In a play-based environment, your child will also be supported to achieve developmental milestones and interact with and learn from other young children.

Our program is called Children and Mothers in Mind because we believe that both you and your child/ren have experienced hurtful experiences in your life and that you both require support to recover from these experiences.

Helping your child/ren to feel safe and secure and helping you to think positively about yourself, is the first step in the healing process. This will be the foundation for you and your child to make a fresh start.

The program is free of charge. If you are interested in finding out more about Children and Mothers in Mind, please contact Child FIRST on **1300 854 944**.

