



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

1800 015 188

24 hour emergency help

Sexual Assault Crisis Line

1800 806 292

24 Hours

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

The Sexual Assault & Family Violence Centre (SAFV Centre) is a specialist service providing sensitive and responsive services to women and children impacted by family violence and to people who have been impacted by sexual assault.

(03) 5222 4318

reception@safvcentre.org.au

www.safvcentre.org.au

Colac Area Health

Colac Area Health is an integrated health service encompassing Aged Care, Hospital Care, Community Care and many other services in the Corangamite, Colac Otway and Surf Coast Shires.

tholmes@cah.vic.gov.au

(03) 52325373



CONNECT is part of The SAFV Centre's **Therapeutic Services** focused on supporting women, children and young people impacted by family violence. To find out more about our programs, please visit

www.safvcentre.org.au



CONNECT is proudly funded by the State Government of Victoria.



Connect is a trauma-informed therapeutic program that focuses on strengthening the relationship between a mother/carer and her children following the impacts of family violence.

The CONNECT program works with the core assumption that strengthening a child's protective relationships will support the child's recovery from trauma.

Play, craft, music, relational games and education provide resources and practical skills for mothers/carers and their children and support families recovering from family violence.

Over 16 weeks, group and family sessions will be delivered for 2 hours weekly.

If you know a mother/carer and children who may be interested in attending, please contact Imogen or JoyLee:

(03) 5222 4318
reception@safvcentre.org.au



Connect is suitable for mothers/carers and their children who have experienced family violence where:

- At least one child is aged 8-11 years
- The relationship between the mother/carer and children has been impacted by family violence
- Mothers/carer and children are living with a level of safety and stability
- Mothers/carers have a level of self-regulation and external supports that enable them to safely engage in the program
- The family is able to commit to attending all sessions of the program, except where unforeseeable circumstances occur

The outcomes of the program will see:

- Mothers/carers strengthen their relationship with their child
- Mothers/carers learn more about how trauma impacts their child's behaviour
- Mothers/carers learn new ways of responding to challenging behaviours
- Children learn new strategies for expressing and regulating their emotions
- Children increase their connection with their mother/carer

CONNECT is a structured group program that runs for 16 weeks. Mothers/carers and children will attend separate groups in the same location for the first eight weeks. An individual mother/carer session will take place following week 4. Week 9 and 10 will consist of a program for mothers/carers and children together. The program will conclude with four weeks of family therapy sessions for each individual family and a final large group celebration session.

Separate Mother/Carer and Child Groups

Each session will be attended by the mother/carer and child. They will start each week together before moving into separate group areas. Each group will focus on a different theme which explores the impact of trauma on the mother/carer/child relationship and supports connection, regulation and communication.

Mother/Carer/Child Together Groups

Each group will be attended by the mother/carer and child who will participate in the sessions together. The joint mother/carer/child sessions will focus on strengthening the relationship between mother/carer and child by supporting communication, engagement and regulation.

Individual Family Sessions

Each session will be attended by the mother/carer and child. The focus will be on families consolidating the work completed in the group and provide the mother/carer/child with the opportunity to address particular issues in their relationship.