

*"Attending this course
does not mean you have
a problem with your
child. You're OK. You just
want it to be better for
them. "*

*"I felt recharged and able
to do something about
helping my child."*



Black Country Women's Aid is an independent charity which has supported survivors of domestic abuse and sexual violence in the West Midlands for 30 years.

We offer sensitive and holistic support services which help victims of abuse to escape from violence, cope with trauma and rebuild their lives.

We believe that no-one should have to live in fear of violence and abuse. *We listen, we support, we care.*



The Cedar Centres are our centres in Sandwell, Dudley and Walsall which bring together a range of services to support survivors.

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GETTING THE
RIGHT SUPPORT

You and Me, Mum



**Black Country
Women's Aid**

we listen, we support, we care



The Cedar Centre

You and Me, Mum

You and Me Mum is a course which focuses on how domestic violence can affect you and your children. It will help you to safely explore the impact domestic violence may have had on your relationships with your children. The course will empower and support you to understand your role in addressing the needs of children and young people who have lived with domestic violence.

You and Me, Mum is delivered in a safe, non-judgemental environment and aims to:

1. Help you understand how domestic violence can affect you as a mother
2. Help you understand the effects of domestic violence on children and young people
3. Assist you to develop effective communication with your children
4. Promote healthy and non-violent relationships
5. Explore key Protective Behaviour for keeping mothers and children safe

Black Country Women's Aid offer **You and Me, Mum** as a free 10-week course. Your support worker may refer you to the course as part of your support plan. If you need to provide proof to Children's Services or other professionals that you have attended the course, the group facilitator can sign this leaflet for you after each session. You can also use the space provided to reflect on your feelings during the course.

My feelings about You and Me, Mum

Name:

How I felt after my first session

How I felt after my 5th session

How I felt after finishing You and Me, Mum

Session

Facilitator signature & date

1. An Ideal Family

2. How domestic violence can affect me as a mother (1)

3. How domestic violence can affect me as a mother (2)

4. How domestic violence can affect my child

5. Survival strategies of children

6. How to deal with my child's challenging behaviour

7. When children act abusively in the home

8. Safety planning

9. Effective communication with my child

10. My hopes, dreams and plans