

## 2.1.2 GROUP SUPPORT

Primary keyword phrase:	Group support for children affected by domestic abuse
Other phrases and synonyms:	Domestic abuse, children and young people
Title:	Group support for children and young people aged 5 to 18
Description:	Our Bouncing Back Group helps children and young people affected by domestic abuse to feel less alone with their feelings and to express emotions in safe ways.

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### H1: **Bouncing Back Group support to help children and young people affected by domestic abuse**

Intro: Our Bouncing Back Group for children and young people aged 5 to 18 has been developed to help them express emotions in safe, healthy ways and to feel less alone with their feelings.

Quote: "I understand healthy and unhealthy relationships and I am able to talk about my feelings more."

### H2: **How our Bouncing Back Group can help**

Body: Delivered by one of our trained practitioners with support from a volunteer, the Bouncing Back Group sessions include activities and games about different topics to increase self-esteem and confidence.

The group size is usually 6 to 8 children of a similar age and who have had similar experiences. During the sessions, we raise awareness of being and keeping safe in different situations and identify different emotions. We then talk about strategies which can be used to regulate emotions and feel more secure.

### H3: **How long does the programme last**

Body: Each group programme is 6 sessions.

### H4: **What if they don't feel ready to talk**

Body: All our work is guided by the children and young people we work with, and we will never ask them to talk about anything they are not ready for. It's up to them when they are ready to talk.

None of the children doing a group session will be made to talk about anything they don't want to. If they want to share the activities they've done with the rest of the group, they can. But it's up to each young person to decide if they want to.

Every young person has a choice about whether they want to join a group and they can stop coming to the sessions if it's not right for them.

H5: **How and where will the sessions take place?**

Body: Bouncing Back Groups take place in school, in a community setting or online. Sessions in a school will be part of the school day. Sessions in a community setting or online will usually run after school.

When you have your assessment, we will ask which setting will work best for you.

We can also help you access the group and can pay for your travel if needed, unless the group is delivered in school. For community groups, children and young people must be accompanied and we will always ensure there is an additional waiting room in the building.

H6: **What if they feel anxious or worried about attending a group?**

Body: Groups are not for everyone, and this is something we will discuss with you on assessment. We can offer extra 1-1 support for those children and young people who may struggle to come straight into a group environment.

H7: **How to apply for support**

Body: For more information about our programmes and eligibility criteria please contact our office on 0114 213 0590 or email [admin@havenorg.uk](mailto:admin@havenorg.uk)

For referrals, please complete our online referral form. [\[add link\]](#)

NB if you are referring on behalf of someone else you MUST have prior consent from them before submitting.