



**BARWON CASA**

Barwon Centre Against Sexual Assault



**bethany**

# Connect Information for Mothers/Carers



**CONNECT** is a trauma informed program focusing on strengthening the relationship between mothers or carers and children after family violence.

- **Have you experienced family violence?**
- **Do you have a child aged 8-11 years?**
- **Do you worry about how your experiences of family violence have impacted on your child?**
- **Do you want to improve your relationship with your child?**

**CONNECT** supports you and your child to understand the impact of family violence on your relationship, develop skills in emotional regulation, enhance your parenting skills, and strengthen your relationship.

## **Program Structure:**

Weekly sessions every Wednesday in Term 4.  
Weeks alternate between family therapy session, individual therapy session or group session.

## **Registration:**

Register at Barwon CASA/Minerva by contacting Imogen or Ashleigh  
ph: 5222 4318 / [admin@barwoncasa.org](mailto:admin@barwoncasa.org)

Commencing  
Wednesday  
**11 October 2017**