

# CONNECT PROGRAM

## Information for Counsellors/ Practitioners



### Program Background

Connect is a trauma informed program that focuses on strengthening the relationship between a mother and her child after the impacts of family violence. The program aims to re-empower this connection so that the family can be a safe, nurturing and healing environment. The Connect program works with the core assumption that strengthening a child's protective relationships will support their individual trauma recovery and maintain long term improvements. Play, craft, music, relational games and education are used to support families in their recovery and help provide resources and practical skills for mothers and their children.

### Who is this Program for?

Connect is suitable for female carers and their child who have experienced family violence where:

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

### Anticipated Outcomes

Parents strengthen their relationship with their child

Parents learn more about how trauma impacts their child's behaviour

Parents 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

### Program Structure and Duration

Connect is a structured group program that runs for 10 weeks. Each week there will either be a family therapy session, individual parent session or group parent session.

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**Family Therapy Sessions:** Family therapy sessions will be attended by a Mother/Carer and her child. There will be an alternating theme each week which will support emotional regulation and connection.

**Individual Therapy Sessions:** These sessions will be for Mother/ Carer only and will focus on the impacts of family violence on their experience as a mother/carer.

**Group Parent Sessions:** During these sessions Mothers/Carers who are part of the program will come together to learn about different topics including parenting skills, emotional regulation and the impacts of family violence on mothers and their children.

## Next Program Dates/ Times/ Location

Wednesday 11th October	Individual Session
Wednesday 18th October	Family Session
Wednesday 25th October	Family Session
Wednesday 1st November	Individual Session
Wednesday 8th November	Group Parent Session
Wednesday 15th November	Family Session
Wednesday 22nd November	Family Session
Wednesday 29th November	Group Parent Session
Wednesday 6th December	Individual Session
Wednesday 13th December	Family Session

Individual and Family Sessions will be delivered for 1 - 1.5 hrs, between 9am - 3pm, at Barwon CASA/ Minerva, Geelong West.

Group sessions will run from 12.30 pm - 2.30pm (Venue TBA).

## Enquiries

If you know a family who may be interested in attending, please contact Imogen or Ashleigh on (03) 52224318 / [admin@barwoncasa.org](mailto:admin@barwoncasa.org)