

## What are the goals of a Children's Support Program?

To dispel common myths surrounding family violence and marital abuse

To provide a non-threatening environment to talk about feelings and help teach healthy ways to express anger, hurt, fear etc

To let children know that they are not alone and help them share their thoughts and feelings with others from similar situations

To define abuse (physical, verbal, emotional and sexual) and to let children know their rights

To teach problems solving and coping skills

To identify the causes and effects of conflict

Program throughout BC,  
Developed and coordinated by  
BC/Yukon Society of Transition  
Houses

**We welcome your inquiries  
For more information,  
contact us**

### Tamitik Status of Women

**350-370 City Centre  
Kitimat, BC  
V8C-1T6**

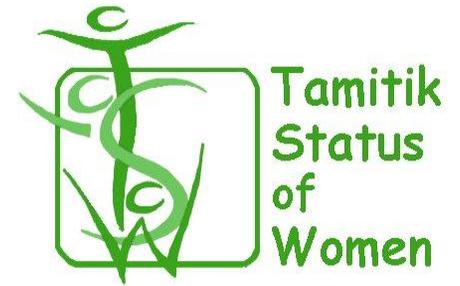
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Province of British Columbia

#### Other funding sources:

BC Society of Transition Houses  
Kitimat Community Foundation  
- Aluminum City Telethon  
Community Donations



## DISCOVERING HEALTHY RELATIONSHIPS

**For children and adolescents  
who have experienced serious  
family conflict**

**632-8787**



## How Does Family Conflict affect Children?

Children exposed to violence in the home live with fear and anxiety waiting for the next violent episode to occur.

Research has shown that while some children show overt signs (Such as aggression and/or depression) of their family conflict, other children display less obvious adjustment difficulties (such as inappropriate attitudes about violence and/or poor problem solving skills) Children in both situations can benefit from a program specifically designed to meet their needs.



## What is the Intervention Program?

The program includes both individual and group counselling for children from pre-school age through adolescence.

Providing an opportunity to share their thoughts and feelings

An understanding that they are not at fault

A strength based approach

### Topics include:

- Problem solving skills
- Healthy ways to handle feelings such as anger
- Healthy ways to deal with stress
- Healthy/unhealthy ways to Communicate (assertiveness vs. aggression)
- Dealing with conflict

## CWWA Services Available

- Individual and group counselling for children and youth
- Information for caregivers
- School-Based educational activities designed to prevent violence
- Presentations to the community on the effects of exposure to domestic violence

**There is no cost to this program and confidentiality is maintained at all times**

