

Gender Specific Group Work Programme

This programme is for children and young people aged 11-16 who have experienced or witnessed domestic abuse and who are feeling low confidence and self-esteem.

The gender-specific group work is a 10-week programme for children and young people that aims to build self-esteem, communication skills, and supports emotional development. Led by young people, it is based around a group project (e.g. forest school; creating a music video, rap song or a short film for others to watch).

The programme is also used as a preventative tool for children and young people who may be at risk from domestic violence, unhealthy relationships or engaging in risky/challenging behaviours.

There are 3 separate groups available: a girl's group, a boy's group, and a non-binary group.

Each group aims for children to express themselves safely, to recognise and prioritise their own needs and understand their experiences, building resilience and positive coping strategies.

It also aims to develop a foundation for a happy and healthy future, helping them make the right choices for them. The participants will ultimately gain a sense of community and belonging from within the group, supporting them to engage with their own community in a positive way after the group ends.

→ To refer into the service or make an enquiry in Newport or Blaenau Gwent:

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56 Stow Hill, Newport NP20 1JG
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Email artrac@cyfannol.org.uk

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