



cedar project

children experiencing
domestic abuse recovery project



LOTTERY FUNDED

information for children



domestic abuse/hurting in families

Sometimes in families adults can bully and hurt each other by shouting, hitting or saying things which are not nice. If this has happened in your family you might feel...



sad



lonely



worried



scared



confused



angry



frightened

domestic abuse is **WRONG**

– it is **NOT** your fault

the CEDAR project

Mum's can go to separate groups

Groups run for 12 weeks

People who will listen to what you say & keep you safe

Small group with children your own age

Friends

Fun / Games & Snack

Groups are during the school day

Help you understand what has happened in your family

1-1 support before, during & after group if you need it

You will get support with the hurting & fighting that has happened in your family





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contact information

To make a referral or to find out more please contact

contactus@perthcedar.co.uk
or telephone 01738 635404

www.cedarnetwork.org.uk