



cedar project

children experiencing
domestic abuse recovery project



information for mothers

The CEDAR Project runs groups for children and young people to help them recover from their experiences of domestic abuse. Groups are also run for mothers to help them support their child with the recovery process.



what is domestic abuse?

It is abuse/bullying between partners/ex partners including:

Emotional...

Threats, insecurity, isolation from family and friends, being degraded, bullied, mind games, being controlled, ignored and humiliated

Financial...

withholding money, not being allowed to work, running up debt...

Physical...

Slapping, pushing, punching, strangling, using weapons, scalding, burning...

Sexual...

Rape, unwanted sexual attention or touching, forced to watch or make pornography...

Effects on children...

Can include anxiety, fear, anger, loss of family/friends, disruption at school, being hurt, guilt...

children / young people groups

The groups run for up to 12 weeks, meeting for 1–1½ hours weekly.

Children have the chance to talk about their feelings and share their experiences with each other through activities, discussion and games. Topics covered include anger, self-esteem and safety planning.

Groups take place locally in Perth, during the day for children and after school for young people attending secondary school.

Transport can be provided to get the children to and from the groups safely.

children and young people who have taken part in similar groups have said...

It made me happy again

I learned that it wasn't my fault

I learned I was not alone

I learnt what domestic abuse is and how it changes your life

mother's groups

Mother's groups also run for 12 weeks and meet for around 2 hours a week.

During each session you are introduced to the topic that your child will be covering in their group. You will get the chance to see the materials that they use in Cedar activities. You will get the chance to talk about your own and your children's experiences with other women and discuss ways to support your children.

We may be able to help with child care and transport.

Groups will be held locally at a convenient time.

confidentiality policy

At the CEDAR Project you can talk freely about your experiences, without fear of what you say being repeated to people you have not chosen to share with.

However if workers are concerned that someone may be at risk then information may need to be shared with relevant agencies. Staff will deal with all issues sensitively.

An appropriate person at your child's school will know that they are attending the group. It is up to you, who else you tell.

mothers who have taken part in similar groups have said...

Cedar helps you to recover as a family

We are more honest and open and I feel more confident as a Mum

I understand my children better and feel I can give them the support they need to move forward

We feel closer now



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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