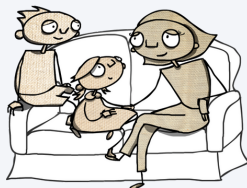




THE CEDAR PROJECT

A therapeutic group work programme for children, young people and their mothers who have experienced domestic abuse

Cedar helps children, young people and their mothers recover from living with domestic abuse



The Cedar programme takes place over 10 weeks covering 12 topics with groups for children, young people and their mothers running in parallel. Mother's groups usually start before children's/young people's group and follows a similar programme

What Happens in the children and young people's groups?

Cedar group is a safe, non-judgemental place to speak about the fighting and hurting that happened in your family. You will get an opportunity to share why you have come to Cedar. You will come out of school one morning a week for 10 weeks to attend group. If you are in secondary school it may be that you come to group after school. The groups will have no more than 8 people in them. You will be with others a similar age to you who have also had fighting and hurting in their families.



What do we talk about?

1. Getting to know you
2. Breaking the secret
3. Understanding our many feelings
4. How kids feel about abuse
5. Staying safe when abuse happens
6. Whose fault is abuse anyway?
7. Anger is important - how to understand and express it
8. Solving problems in helpful, not hurtful ways
9. Dealing with family change
10. Staying safe from all abuse - including sexual abuse
11. All the wonderful things about me!
12. Celebrating our time together - saying goodbye

"Most of us felt it was better being in a -group- rather than being seen individually by a grown up."



Cedar is a place where we can talk and learn about our many feelings. We have a special treasure chest that we open at the start of each group session. When the chest is opened it means we can share all of our stories, thoughts and feelings. Everything we share in group goes in to the chest and we close it at the end so all our stories are kept safe. (The only time we will share your story is if we are really worried about you hurting yourself or others)

How Cedar Works - What happens in groups - how we can help

Cedar is fun!

Cedar is all about creating a safe place for children to deal with their experiences.

We want you to enjoy coming to Cedar so we will always provide creative and entertaining activities for everyone to get involved in.

At Cedar we use lots of different activities and games that help us talk about our feelings and understand more about fighting and hurting.

You will always get a nice snack when you come to group as well as some free time to relax before it is time to go back to school.



What happens in the Mothers' group?

We understand that it can be daunting coming into the Cedar group for the first time. We do everything we can to make you comfortable by having a relaxed environment and the kettle on.



We set group guidelines and everyone signs up to the confidentiality aspect of Cedar which ensures everyone is safe and comfortable to share. We cover the same topics as your child will each week in group.

The Cedar mothers groups can be tough as we are looking at domestic abuse through your child's eyes. It can be hard going back to that difficult place and thinking about how it has impacted your child.

You will receive lots of support in group from the staff as well as from other mothers.

We will support you to help your child to recover from the domestic abuse and help you look forward to a positive future.

CONTACT INFORMATION

If you need more information or want to find out more about the Cedar programme please contact our Co-ordinators

Cedar Dundee

Tel: 01382 220803

Email

cedar@dundeewomensaid.co.uk

Website

www.cedarnetwork.org.uk



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