

If you need to reach out for help in your community and don't know where to turn, the following services can help;

Safe Steps – Family Violence Response Centre

1800 015 188

24 hour emergency help

Parentline

1300 30 1300

8am – 10pm every day

Kids' Helpline

1800 551 800

24 hour help line

Maternal and Child Health Line

13 22 29

'We acknowledge that CPS is located on the traditional lands of the Wurundjeri People.

We pay our respects to their Elders both past and present.'



CPS is an independent and innovative, child-centred organisation that strives to make children's lives better.

P: 9450 0900

E: CMiMintake@cps.org.au

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This project is funded by Victoria State Government



Delivered by



children's protection society

Working with children and families since 1896

A relationship building group held weekly for mothers and young children who have experienced family violence



- *Are you a mother with a young child aged four years or less?*
- *Have you had hurtful experiences as an adult or a child?*
- *Do you wonder about whether those experiences are affecting your relationship with your young child?*
- *Has your child experienced or witnessed hurtful behaviours?*

Children and Mothers in Mind is an Australian first program designed specifically for mothers and children under four years, who have had hurtful experiences such as family violence, childhood abuse or sexual assault.

In a safe group, our highly trained and experienced staff will work with you and your child for over 22 weeks to help you with parenting challenges. You will also have access to staff providing one-on-one support as required, outside the group, during the program.



Mums who participate in Children and Mothers in Mind will:

- *Increase their confidence in responding to their children in a caring and sensitive manner;*
- *Receive support to overcome hurtful experiences;*
- *Discover helpful ways to cope with anger, worry and stress;*
- *Develop ways to support children who have witnessed violence;*
- *Learn how to support their children and explore what helps children feel safe;*
- *Get a chance to spend some time playing and strengthen their relationship with their child;*
- *Talk to other mums who have had similar experiences, in a safe environment;*
- *Find practical ways to take some time for themselves;*
- *Have access to information and referral to other support services to make a fresh start in life.*

A trained early childhood professional will work with your child during the program to make him/her feel safe. In a play-based environment, your child will also be supported to achieve developmental milestones appropriate to his/her age, learn from each other, and, build social connections.

Our program is called Children and Mothers in Mind because we believe that both you and your child have experienced hurtful experiences in your life and require support.

Helping your child feel safe and well, and helping you to think positively about yourself, is the first step in the healing process. This will be the foundation for you and your child to make a fresh start in life.

The program is free of charge. If you are interested in finding out more about Children and Mothers in Mind, please contact CPS on:

P: 9450 0900

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