

## Remember these selection criteria

- ▶ Children must be aged 7-14.
- ▶ The programme works with one mother and one child at a time. If there is more than one child, you could ask the mother if she'd like to work through the programme again at a later stage with the other children.
- ▶ The perpetrator of domestic abuse must not be living within the family home, and must no longer be in a relationship with the mother. This is because it's important that mothers and their children feel safe enough to take part in the programme.

### Get in touch

If you know a family who could benefit from attending DART, or for more information, contact:

Leanne Forde on **015394 33041** or email **[dart@brathay.org.uk](mailto:dart@brathay.org.uk)**



### Dates and times

The programme starts on the 9th April 2024 from 4pm to 6pm at Brathay Trust, Cathedral Halls, BD1 4EH.

It will take place every Tuesday for 10 weeks.

## Domestic Abuse Recovering Together (DART)

### Information for Professionals

**Helping children and families  
recover from domestic abuse.**

# How it works

**DART is a 10-week programme that helps mothers and children strengthen their relationship following domestic abuse.**

## Who's it for?

DART is for mothers and children (aged 7-14) who've experienced domestic abuse. Over a 10-week programme, they explore their issues within a safe and friendly environment, promoting openness and honesty.

This programme is designed for one mum and one child per family. But if they have more than one child, you may invite them to complete the programme with the other children at a later time.

## What are the goals of a DART group?

We'll help mothers and children:

- ▶ understand what domestic abuse is
- ▶ learn how to talk about domestic abuse
- ▶ express their feelings in healthy ways
- ▶ know they are not to blame
- ▶ identify protection strategies
- ▶ build their confidence and self-esteem.

**“We know that mums find the group process empowering, and that children learn abuse is not their fault.”**

Ahmed, DART practitioner



## What happens at DART?

Mothers and children work together for an hour at the start of the group then take part in activities in separate groups. At the end of each session, they join each other again.

## Mothers will:

- meet other mothers who have lived with domestic abuse
- share their experiences
- talk about their feelings
- learn more about domestic abuse – why and how it happens, and how it affects children
- talk about and explore strategies that they can use as a parent.

## Children will:

- meet other children who have lived with domestic abuse
- talk about what has happened to them and their family
- tell us how they are feeling
- learn about who can help to keep them safe
- learn more about domestic abuse.

## Together, families will:

- share their experiences
- build on communication
- share what they have learned.