

Programme details

We are still open for referrals for planned groups in the New Year.

The groups will take place at

local community venues across
Westminster

Start dates and times to be confirmed



Contact details

For more information, or to send a referral,
please contact

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The Talking Without Fear Project



**The talking without fear
project is a 12 week
therapeutic group
programme
for children affected
by domestic abuse and
for their mothers.**

Talking without fear— the children's group



The Talking without fear project is a community group programme for children that runs over 12 weeks.

The aim of the children's group is to:

- Provide children with a safe place to share and discuss their past home experiences. Children can often feel isolated and may have difficulties making sense of their feelings around their experiences. The programme aims to help children understand that what happened in their home was not their fault.
- Help children develop a safety plan and strategies so that they know how to respond in a future emergency.
- Support children in building up healthy relationship with their peers, by addressing unhealthy messages and interaction patterns.

Talking without fear— the mother's group

The program runs a separate group for the mothers, which runs in advance of the children's group.

The purpose of the mothers' group is to support women to understand how they can help their children:

- Mothers are told in advance of the learning material of the children's group, so that they can reinforce the messages at home and aid the children's recovery process.
- Mothers are supported in the development of safety strategies and identification of abuse patterns. The group aims to support mothers in recognizing issues related to blame and responsibility-taking over one's own actions.
- Mothers are supported in taking care of themselves and in recovering as survivors of domestic abuse.

Whilst participation in the mothers' group is strongly recommended, it is not a requirement



Referral process

The groups are suitable for children aged four to sixteen years. Groups are age-specific.

Mothers need to have separated from the abusive partner, and the family needs to be in a place of safety and stability.

We will consider each family's suitability for the group through an initial home visit. The programme will be evaluated through pre- and post-group questionnaires.

We accept self-referrals, as well as referrals from agency professionals, including Health, Education, Children's Services, amongst others.

If you are a professional making a referral, please make sure to have the consent of the family.

The talking without fear project is a free service to all Westminster families

