

S.T.A.R. : Supporting Trauma Awareness and Resilience *Growing Hearts and Minds*

Are you worried about the impact of trauma you and your children have experienced?

S.T.A.R. programme supports trauma awareness and resilience. The main aim is to provide a safe and confidential space to mothers and children in their respective groups to unpack their experiences of abuse and trauma while identifying new strategies, building resilience, healing through growing hearts and minds, and strengthening relationship between child and mother.



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S.T.A.R. : Supporting Trauma Awareness and Resilience

Growing Hearts and Minds

Week 1 - Self Care	Introduction to the group, group agreement, introduction to self-care and healthy habits.
Week 2 - Parenting Styles and Child Development	Developing awareness of child development and parenting styles. Reflecting on childhood experiences.
Week 3 - Safety in Relationships	Developing an understanding of domestic abuse for both women and children
Week 4 - Impact of Trauma	Developing an understanding of how trauma impacts women and children. Learning about attachment relationships and learning strategies to help us recover.
Week 5 - Feelings	Developing an understanding of emotions and how to react positively to them for both adults and children.
Week 6 - Personal Growth	Discussing empowerment and positive affirmations. Looking into the future to set personal and family goals.
Week 7 - Reflection and Sharing	Opportunity to recap learning. Sharing feedback, passions, hopes and affirmations with the group.

If you're interested in attending, contact your Specialist Family Support Worker to register:

Enfield on 07485 356772

Haringey on 07485 313601

Islington on 07485313650

Children's activities will be provided each week. Please let us know if your little ones will be attending.

Every Wednesday 10.30am-12pm

441 Hornsey Road
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