

Questions about the programme



What about our children – can they come too?

For children aged 4 and under we will provide a crèche, in the same venue as the group work with the mums.

My partner doesn't want to attend – can the rest of the family still take part?

The programme will be most effective if the whole family is involved, however you can be offered support in alternative sessions if this is the case. Where the whole family starts the programme and then a family member decides not to complete the session, the rest of the family can continue.

How much does it cost to take part in the programme?

There is no charge for families to attend the programme; light lunch and refreshments will be provided.

For further information about the programme please contact:

**Berkshire Women's Aid on
0118 950 4003**

www.berkshirewomensaid.org.uk

e-mail – familychoices@bwaid.org.uk

call – Family Choices Administrator
07500 935 632

Crossing Bridges –

BWA drop in advice centre
4th Floor Xafinity House
42-62 Greyfriars Road,
Reading, RG1 1NN

Anyone who is a victim of domestic abuse can phone our 24 hour helpline 0118 950 4003 (9am – 5pm Monday – Friday and outside these hours in an emergency) or email helpline@bwaid.org.uk



Family Choices

Domestic Abuse
Destroys Lives
Families Have Choices

An 8 week programme and follow up for families living with domestic abuse.

The Family Choices programme

Is for families affected by domestic abuse,

Is not about blame or shame, but is about learning how to behave differently, both individually and as a family.

The aim of the programme is to help you to achieve and sustain positive changes in your life, both for yourself and for your family.

Is based on tried and tested programmes of work with the perpetrators, victims and children.

Will provide support and suggest additional sources of help when needed, both during the programme and afterwards.



What does it involve?

Victims and Perpetrators in separate groups will look at parallel themes including – different forms and patterns of domestic abuse, the impact on children and other family members, and the development of respectful, non-abusive relationships. Children and young people will be offered sessions at school provided by our specialist staff.

Men's Programme

Weeks 1 - 3 Introductory assessments

You will be invited to some initial appointments to discuss the programme and ask any questions you may have. By the end of the sessions you will have had an opportunity to assess your situation and to make a commitment to use the services offered in an agreed plan. You will then be offered either:-

1:1 Sessions

You will be invited to attend a number of 1:1 sessions. Each session lasts for one hour.

27 week Group work course

Each weekly session will last 2 hours and is held in the evenings.

Women's Programme

You will be invited to attend a number of group work programmes including Choices, Self-Esteem and Parenting. Each weekly session usually lasts 2 hours and may be held either in the daytime or evenings.

You will also be offered 1:1 outreach support with a key worker.



Follow up

We are keen to keep in touch and to be available to families for at least one year after the course finishes. We will also be very interested to have your feedback about the programme at any time.

We are more than this project – if you need more help leaflets are available about the support and range of services that we offer. At the first Family Day you will meet some of the people who will be working with you during the programme. There will be plenty of opportunities to ask any questions you may have, and in addition you will be given further information about the programme to take away with you.