

Children who Witness Abuse Counselling Programs

Goals of the Program

- To dispel myths surrounding family violence and marital abuse.
- To provide a non-threatening environment to talk about feelings and healthy ways to express anger, hurt and fear.
- To define abuse and to let the children know about their personal rights.
- To teach personal safety and problem solving skills.
- To provide prevention presentations to school aged children and teens.

Children who Witness Abuse Program

Vernon Program

2400 46 Avenue
Vernon, BC V1T 9N5
250-558-3850 ext. 201

Armstrong Program

1 - 3495 Pleasant Valley Road
Armstrong, BC V0E 1B0
250-546-6744



Vernon Women's **Transition House** Society

Children who Witness Abuse Counselling Programs

*For Children who Have
Experienced Serious Family Conflicts
(such as the abuse of their mother)*

Contact

Vernon Program **250-558-3850 ext. 201**
Armstrong Program **250-546-6744**



Vernon Women's **Transition House** Society

ADMINISTRATION

2400 46 Avenue, Vernon, BC V1T 9N5
phone: 250-558-3850 fax: 250-558-3856
<http://vwts.ca>



Donations of services, goods and funds are gratefully accepted.
Vernon Women's Transition House Society is a registered charity.

Funded by:
Ministry of Justice



Vernon Women's Transition House Society

Services and Programs for Women and Children

Children who Witness Abuse Counselling Programs



How does family conflict affect children?

Children who witness the abuse of their mother or serious family conflict live in fear and anxiety, waiting for the next violent episode to occur.

While some children show clear signs, such as aggression or depression, other children display less obvious problems, such as poor attitudes about violence and poor problem-solving skills. Both types of children can benefit from a program specifically designed to meet their needs.

What is the Children Who Witness Abuse Program?

The program includes both individual and group counselling for children ages 3 to 18.

Individual counselling for children provides:

- An opportunity for children to share their thoughts and feelings
- The understanding that they are not at fault
- Short term counselling for children not ready for a group

Group counselling provides:

- Support for children who have witnessed abuse in their family
- An opportunity to know they are not alone
- A safe environment to talk about their feelings
- Problem solving skills

Program for Parents

A program for parents is offered that may include individual counselling, support and parent education.

For more information contact:

VERNON:
250-558-3850 ext. 201

ARMSTRONG:
250-546-6744

