

USEFUL TELEPHONE NUMBERS AND WEBSITES

Kids Helpline

Phone: 1800 55 1800 (ages 5-25)

24 hours / 7 days per week

www.kidshelpline.com.au

Send email, games and activities,
have your say, ecards

Talk to a counsellor in real time

Monday—Friday 3PM—9PM
Saturday 10AM—8PM

A free and confidential service

www.burstingthebubble.com

Healthy relationships



FOR FURTHER INFORMATION ON CHILDREN'S COUNSELLING

Please phone:

07 5591 4222 (Southport office)

07 3807 9922 (Beenleigh office)

Email: info@domesticviolence.com.au

www.domesticviolence.com.au

The **Domestic Violence Prevention Centre Gold Coast** and **Beenleigh, Eagleby, North Gold Coast Domestic and Family Violence Outreach Service** provide support, information, counselling and advocacy to women and women and their children affected by domestic and family violence.

Both services are participating in the **Helping Out Families (HOF) Initiative**. This new initiative is funded by the Queensland Department of Communities. Gold Coast Domestic Violence Prevention Centre would like to acknowledge the funding provided by the Queensland Government.

All services are confidential, free and provided by professionally trained workers.

This brochure is funded by the Department of Communities, Child Safety and Disability Services, Queensland Government

Children's Counselling



A strength-based program to
support children and young people
aged 5 -12 years



Produced by
Domestic Violence Prevention Centre
Gold Coast Inc. (DVPCGC Inc.)

Could your children benefit from individual support and counselling to help them:

- * Talk about their experiences
- * Develop coping skills
- * Rediscover their resilience
- * Rebuild a relationship with their primary care-giver

Counselling is presented in an age appropriate manner using child-centred expressive and creative techniques including:

- * Sand-tray work
- * Art therapy
- * Play therapy
- * Role play
- * Puppets
- * Worksheets
- * Story board
- * Relaxation and imagery exercises



Each program is tailored to the needs of the individual child.

Topics may include:

- * Telling my story, my way
- * Grief and Loss
- * Talking about strong feelings
- * Learning about boundaries
- * Developing social skills
- * Discovering inner strengths
- * Identifying supportive adults
- * Looking towards the future

You will be kept informed of the child's progress and on-going issues and fully supported by both your own counsellor and your child's counsellor throughout the process.

TARGET GROUP

Children of women who have experienced or witnessed domestic and family violence.

TIPS FOR SUPPORTING YOUR CHILD'S COUNSELLING

Sometimes it is not easy to hear what your child has to say; however, it is important to listen and respond in a supportive way to. Positive responses may include:

- * I believe you.
- * I am glad you told me this.
- * I am sorry that this happened.
- * It is not your fault and never was.
- * I am here if you want to talk some more about this.

The child may need time and space before they are ready to share.

