

OTHER USEFUL SERVICES & RESOURCES

What's OK at Home?

A useful online tool that helps children, young people and parents understand what family violence is, why it happens, where to get help, and how to help others.

<https://woah.org.au/gold/>

Kid's Helpline — Anytime, Any Reason

Free, private & confidential, 24/7 phone and online counselling service for children (aged 5-12 years), teens (aged 13-17 years) and young people (aged 18 to 25 years).

PH: 1800 55 1800

<https://kidshelpline.com.au/>



It also includes useful resources for Parents and Carers; including options to email and WebChat with qualified counsellors.

<https://kidshelpline.com.au/parents>

The Line — Our Watch

An online resource that helps young people understand what's ok and what's not ok when it comes to relationships. It includes information and resources about healthy relationships and how we define ourselves and others.

<https://www.theline.org.au/>

FOR FURTHER INFORMATION ON DVPC CHILDREN'S COUNSELLING

How can we help?

Please feel free to contact the office on:

(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 their children affected by domestic and family violence.



All services are CONFIDENTIAL, FREE and provided by QUALIFIED workers.

This brochure is funded by the Department of Child Safety, Youth and Women.

Children & Young People Counselling



A strength-based program to support children and young people



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

Children & Young People Counsellors & Advocates

Our advocates work with children and young people from a child-centred approach. This means that we work alongside your child to help them work through the issues that **they feel** they are experiencing, at a gentle pace. We will help your child to share their own experiences in a safe place where they feel accepted and understood. We believe every child's story is different and we will offer each child helpful tools and strategies to be able to manage and express their feelings in healthy ways. For younger children, we use a child-centred play therapy approach (please refer to our brochure on CCPT).



CONFIDENTIALITY

Our goal in counselling is to create a safe place of trust. The only person that we discuss cases with is our supervisor, and this occurs without the identification of yourself or your child. What is discussed in counselling sessions is confidential. However, there are situations where confidentiality may not apply and that is when the advocate believes a person is at risk of harm to themselves, or another person; or if a person discloses they have been harmed. We will endeavour to discuss this with you before any further action is taken.

FEEDBACK

If you would like feedback on your child's progress or to discuss an issue regarding your child, please do this outside of the scheduled appointment time. Your concerns are valid and we would like to have the time to discuss them with you. If your child sees or hears us discussing them or an issue regarding them, this could affect the child-counsellor relationship adversely.

POINT OF CONTACT

For you and your child's safety, the person who gives consent for the child to attend counselling is the **only** person who we will release information to. The exceptions to this would be if you give verbal or written consent for staff to advocate on your behalf, or if there is a legal matter in place, or if the child was at harm (according to the Child Protection Act). In any circumstance, we would endeavour to discuss this with you.

We are in this together...

Supporting your child during counselling:

Our goal is to support your child in the best way possible. Whilst outside of our counselling time, it is a good idea to be mindful that your child is working through concerns at the moment and may look to you for support. Learning how to talk to



your child/ren about issues helps the therapeutic process. Please feel free to talk to our Mother's Advocate, as we also offer mothering support.

We know you have your child's best interests at heart...

- Here are some ways to support your child:**
- > **PROVIDE** age appropriate information and responses to your child.
 - > **ENCOURAGE** them to express their feelings in safe ways / using tools learnt in counselling.
 - > **ACKNOWLEDGE** feelings — there are no right or wrong feelings.
 - > **KEEP** boundaries and routines consistent.
 - > **SET** aside a few minutes of uninterrupted time to just 'be with' your child each day.

Children just want someone to HEAR them, SEE them and BELIEVE in them....

Supporting yourself is just as important as supporting your child and is great role- modelling for self care.

Themes covered in counselling include:

- Impacts of DFV
- Trauma Related Behaviours
- Safety Planning
- Respectful Relationships
- Gender / Identity
- E-Safety
- Grief & Loss
- Boundaries
- Self-Harm
- Bullying
- Self-Esteem
- Abuse / Neglect
- Anger & Fear
- Trauma

