



PLEASE TAKE THIS NUMBER WITH YOU.
1.800.265.4305

Just call

Counselling for children
aged 6 to 16.

1.800.265.4305

FREE • CONFIDENTIAL

Violence Against Women, Services Elgin County

300 Talbot Street, Suite #26
St. Thomas, ON
N5P 4E2

519.633.0155
1.800.265.4305

www.vawsec.on.ca
info@vawsec.on.ca

Services are available across Elgin County

Aylmer • St. Thomas • West Lorne

Funding received from:

- Individuals, special groups and companies who give to help women
- Ministry of Community and Social Services, Government of Ontario
- South West Local Health Integration Network

The views expressed in this material are those of Violence Against Women, Services Elgin County and do not necessarily reflect those of the Government of Ontario.

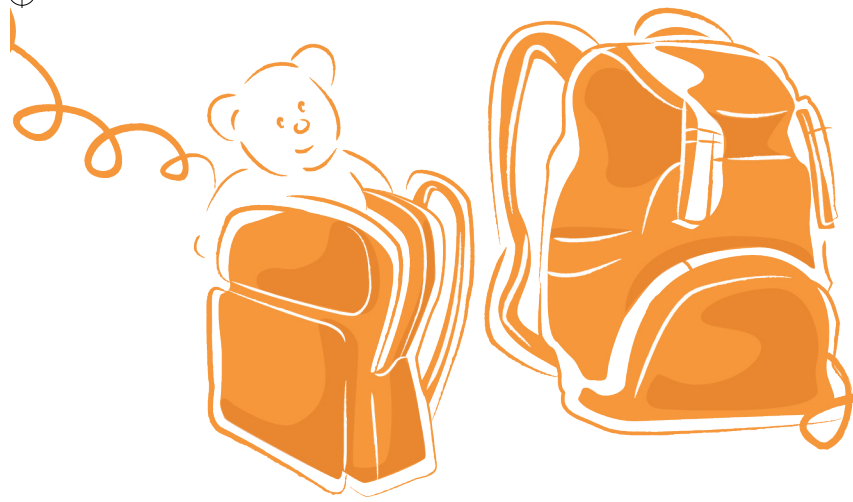
Kids feel the hurt too when mom is abused



Violence Against Women,
Services Elgin County

It's not your fault. You aren't alone.

Counselling can help your children and help you continue to be your child's best support.



safety

Counselling for children

Kids feel the hurt too, when mom is abused.

We help children:

- Feel good about themselves and less alone
- Understand that the abuse is not their fault
- Learn how to keep safe

Our confidential and free counselling gives children and mothers a safe, welcoming place to talk about abuse. We can help children identify and express their feelings about hurt and fear in their family.

Your kids are amazing, and they will be okay with your help to get through it.

Counselling for mothers

You're not the only one - other moms know what you're going through and can help.

The mothers' group helps you support your children. Being part of a group can boost your strength.

We help mothers:

- Connect with other moms who know how you feel
- Talk about the abuse and how it has effected you and your children
- Learn more ways to manage the behaviours of your kids
- Make safety plans for you and your children

