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**SEFTON WOMEN'S AND
CHILDREN'S AID**

**For More Information On
The Mirror Project
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THE MIRROR PROJECT



SWACA is committed to offering women, children, and young people of Sefton free practical and emotional support to survive the impact of domestic abuse.

Registered Charity No: 1066878
Company Registration No: 3448301



ABOUT THE COURSE

This 7 week programme looks at the impact domestic abuse has on a woman as a person and as a parent as well as the impact on children and young people living in an abusive environment. It aims to support and empower mothers to develop further understanding in these areas.

The central focus is around the impact on children. The Mirror Project enables women to reflect on this and gain effective parental communication skills to help improve and maintain their relationship with their children. The programme provides the opportunity to explore and develop the skills needed to identify risks to both themselves and children, including ways of addressing these risks.

Women will also acquire an understanding of safety and how they can help create a safe environment for both themselves and their children.

The Mirror Project is specifically designed to help rebuild women's confidence and self-esteem.

AIMS AND OBJECTIVES

- Gain an increased understanding of domestic abuse
- Gain an increased understanding of the effects domestic abuse has on adults
- To understand how domestic abuse can affect you as a parent
- Increase understanding of the impact domestic abuse has on children/young people
- To develop skills to identify and manage risks to self and children/young people
- To develop skills to communicate and respond to children/young people
- To raise awareness around healthy relationships
- To gain an understanding and awareness of coping strategies for both women and children/ young people
- To rebuild confidence, self-esteem and independence to promote moving on