

## Our Team is Available

Monday, Tuesday & Thursday  
9.30am – 5.00pm  
Wednesday  
9.30am – 7.00pm  
Friday  
9.30am – 3.00pm



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# swaca

## TOGETHER PROGRAMME



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



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

Registered Charity No: 1066878  
Company Registration No: 3448301



## ABOUT THE COURSE

The Together Programme is a seven week, small group course aimed specifically at helping children and young people explore their feelings, build a positive self-perception and form healthy relationships.

A key focus of the programme is supporting children and young people in learning to identify what affects their emotions and to discover healthy ways to manage them. This leads to a greater self-awareness and the development of strategies to self-regulate.

Throughout the course we look at our achievements and celebrate our uniqueness, increasing self-esteem and confidence.

The Together Programme is run alongside The Mirror Project – our women's group service – therefore can support both mum and child/children at the same time.

## AIMS AND OBJECTIVES

- To better understand emotions – what emotions we feel, how we feel them and how we talk about them.
- To become aware of the different ways we can help to manage our emotions.
- To understand the importance of knowing what to do with our worries.
- To discuss ways that we can keep ourselves safe.
- To explore and understand healthy and unhealthy behaviours in relationships (e.g. friendships)
- To improve self-esteem – knowing what makes us unique and identifying achievements.

The programme consists of seven group sessions that take place outside of school hours.

Each session lasts 1 hour 30 minutes.