

## **Y's Kids Groups for Children Exposed to Violence**

- Ages 5-16
- 1.5 hours per week for 10 weeks
- Groups begin in January, April and September
- Self referrals welcome
- No fee
- Concurrent group available for mothers
- Individual support and information also available to parents and children
- Preschool groups are available for 3- and 4-year-olds

**For referrals or information,  
please contact:**

Sheila 525-2141 ext. 117  
sheilad@ywca.regina.sk.ca  
www.ywcaregina.com

## **Other Services Available**

**Family Service Regina  
Family Violence Services**  
757-6675

**Child Abuse Line (24 hrs)**  
569-2724

**Child Protection Services**  
787-3760

**Child & Youth Services**  
766-6700

**Children's Advocate**  
1-800-322-7221

**Isabel Johnson Shelter & Crisis Line**  
525-2141



Phone: 306-525-2141  
Fax: 306-525-2171  
Web: www.ywcaregina.com



## **Y's Kids**

**Groups for Children  
Exposed to  
Family Violence  
(CEV)**

**Call 525-2141**



## Y's Kids Groups

- Provide a safe place where children can express their emotions and thoughts
- Help children learn how to express feelings honestly and directly
- Improve the self-esteem of each child
- Help children understand how violence has affected them
- Help children learn they are not alone in their experiences
- Teach children non-violent problem solving
- Give information to parents about the cycle of violence and help them understand how violence impacts the family



## The Impact of Violence

The experience of living in a home where abuse is present can affect the way a child feels, thinks and behaves.

Children who have difficulty after there has been violence in their homes need to have their experiences acknowledged. They need the opportunity to understand the impact violence has and to explore new ways of coping.

YWCA Regina's Y's Kids program, funded through the Saskatchewan Justice Victim's Services Fund, recognizes the importance of assisting children in breaking the cycle of violence and abuse.

## We Talk About...

- Feelings
- Anger
- Conflict resolution
- Self-esteem
- Safety skills
- Gender stereotypes
- Social skills
- Family changes
- Cycle of violence/types of abuse

**The groups are appropriate for children and youth who:**

- Have a memory of violence in their homes, and
- Are experiencing adjustment difficulties likely associated with violence in their homes

**CEV groups are made possible through the support of:**

