


healing together



Resourcing parents & carers to support children impacted by domestic abuse



I have found this group helpful as a tool for reconnecting with my daughter.

It is an amazing program which has helped me with the children and their emotions, and how they can best communicate it to me as well as how I can identify how they are feeling and how to best manage it.

If you would like to attend the programme please ask to be referred.



Healing Together

The Healing Together programme helps parents & carers to learn about how their body and brain work together when they are feeling safe and unsafe. This will also help parents/carers to support their children.

This trauma informed programme is based on 6 sessions and each session is delivered within 45 -60 minutes. The programme is delivered online in group sessions. One to one sessions may also be available.

This programme has been carefully put together and it offers techniques that can be used anywhere, anytime - to help your body feel calm and safe.

You will not be asked to talk your experiences of domestic abuse or anything else that does not feel comfortable for you.



The programme is delivered by accredited Healing Together facilitators.

What Happens Next?

You will be offered an initial assessment appointment which lasts about 45 minutes. The assessment will take place with our welcoming facilitators online or over the telephone. We will ask some questions to get to know you and tell you more about the programme.

The sessions are confidential in the sense that we do not share the information you tell us. However, if we are concerned about your safety, or the safety of someone else we will have to share this with the necessary organisations.