S.T.A.R. : Supporting Trauma Awareness and Resilience

Growing Hearts and Minds

Are you worried about the impact of trauma you and your children have experienced?

S.T.A.R. programme supports trauma awareness and resilience. The main aim is to provide a safe and confidential space to mothers and children in their respective groups to unpack their experiences of abuse and trauma while identifying new strategies, building resilience, healing through growing hearts and minds, and strengthening the relationship between child and mother.

Week 1 - Self Care	Developing an understanding of domestic abuse in both women and children
Week 2 - Parenting Styles and Child Development	Developing awareness of child development and parenting styles. Reflecting on childhood experiences.
Week 3 - Safety in Relationships	Developing an understanding in domestic abuse for both women and children.
Week 4 - Impact of Trauma	Developing an understanding of how trauma impacts women and children. Learning about attachment relationships and learning strategies to help us recover.
Week 5 - Feelings	Developing an understanding of emotions and how to react postively to them for both adults and children.
Week 6 - Personal Growth	Discussing empowerment and postive affirmations. Looking into the future to set personal and family goals.
Week 7 - Reflection and Sharing	Opportunity to recap learning. Sharing feedback, passions, hopes and affirmations with the group.

If you're interested in attending, contact your Specialist Family Support Worker to register:

Enfield on 07485356772
Haringey on 07485313601
Islington on 07485319751

Children's activities will be provided each week. Please let us know if your little ones will be attending.

Every Friday 12:15 - 2:15pm
27th September - 15th November
Palmers Green Library (N13 4EY)

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