



# Picking Up The Pieces

A three week group programme for mothers and female carers with children affected by domestic abuse.



therapeutic services

[solacewomensaid.org](https://solacewomensaid.org)

**The Picking Up The Pieces Programme** aims to inform and empower women about domestic abuse, being confident in their parenting and understanding the impacts of domestic abuse on their children in order to provide them with the information to keep both themselves and their children safe from further or future abuse.

The programme will also support women to increase their understanding of law and guidance as it relates to children in the UK, thus enabling them to make informed decisions about their children's needs.

We will promote and encourage mothers/female carers to work with children's social care and other local authority services safeguarding processes. The programme will help you improve your relationship with your children and understand the structures and support in place from agencies like social services in a positive way.

The programme covers:

- What is domestic abuse?
- Resilience
- Impacts on children
- Attachment and providing security
- Domestic abuse and impact on parenting
- Children's Social Care involvement
- Confident parenting



**0300 330 5479**

**Monday - Friday 10am-2pm**



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Solace is an independent charity which supports women and children in London to build safe lives and strong futures, free from domestic and sexual violence and abuse.

Solace Women's Aid is a charity registered in England and Wales.  
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