

Kidz Group

An 8-week program for children aged 8-12 years who have been impacted by domestic and family violence.

Group runs on a Tuesday from 1-2:30pm. Children are picked up from school and either dropped back at school or at home dependent on family circumstances.

Lunch is provided.



The program aims to:

- Build self-esteem, confidence, and resilience
- Learn protective behaviours and safety strategies
- Participate in games, craft and other activities
- Talk about their experience of domestic and family violence and its impact on them
- To make friends and feel less alone
- Explore their feelings and have fun

The program offers referral pathways to ongoing support if needed.

Kiddy Katz

An 8-week program run during the school term for children aged 5-8 years old who have been impacted by domestic and family violence and/or sexual assault.

Using creative arts therapy Kiddy Katz provides children with an opportunity to express themselves through play or creative artwork. The group focusses on the latest neurodevelopmental research and how trauma impacts the developing brain of children.

Women on the Verge

An 8-week program providing support, information and encouragement for women who have experienced domestic and family violence (DFV).

Women on the Verge operates during school term, every Thursday from 10-12:30pm. Transport can be arranged and morning tea is provided.

The group covers:

- The many forms of DFV
- The cycle of violence
- The effects of DFV on women and children
- The barriers to leaving an abusive relationship

And how to:

- Develop and maintain strong boundaries
- Build self-esteem and self-worth
- Alleviate stress and learn relaxation techniques and how to build positive relationships

The program offers referral pathways to ongoing support if needed.



The group is also heavily informed by attachment theories and aims to build and nurture healthy attachments through one on one, child led facilitation.

Kiddy Katz runs on a Monday from 1-2:30pm. Children are collected from school and either dropped back at school or at home dependent on family circumstances. Lunch is provided.

Support For Children

Speak out 4 Kids provides individualised assessment for children impacted by domestic and family violence.



This may include:

- One on one or small group support which may include creative art sessions ie music, art, sand play, sensory play
- Access to a psychologist, partnered to our service who has extensive experience working with children
- Information awareness and support for families about the impacts of DFV on children.
- Support to connect children and families to other community organisations and programs such as The Red Shed supported playgroup, PCYC, Healthy Minds and mental health support.
- Flexible support for mums with young infants and toddlers

Speak out
4 Kids

Community Awareness and Education Campaign

- Education campaign to raise community awareness on the impact of Domestic Violence on young children.
- www.speakout4kids.org.au - which includes information, self-assessment tools, service directory, local stories from local people and upcoming events.
- Strengthening partnerships between services in relation to child protection, providing smooth referral pathways for children and families linking them with resources and support
- Public education campaigns online, through printed media and brochures community services support
- Training in the Kidz Group, Kiddy Katz and Women's Group work
- Ongoing community engagement, evaluation, and program development



'It is up to us as a community to be the voice for all our children'

Speak out
4 Kids

For more Information please contact:

Kempsey Families Inc.
Speak Out 4 Kids
21 Verge st, Kempsey
P: 02 6563 1588
E: so4k1@kempseyfamilies.org.au



Other helpful organisations:

Kids Helpline: 1800 55 1800

Mid North Coast Referral Service
P: 1800 758 589

After Hours Child Protection Service:
FREECALL 1800 066 777

Staying Home Leaving Violence:
P: 02 6562 1588

Supported by the Macleay Valley Communities for Children 'Communities for Children' is supported by the Australian Government.

Are you in danger?



Call 000

for immediate help

Speak out
4 Kids



www.speakout4kids.org.au

Supporting Children 5-12 years
impacted by Domestic and
Family Violence