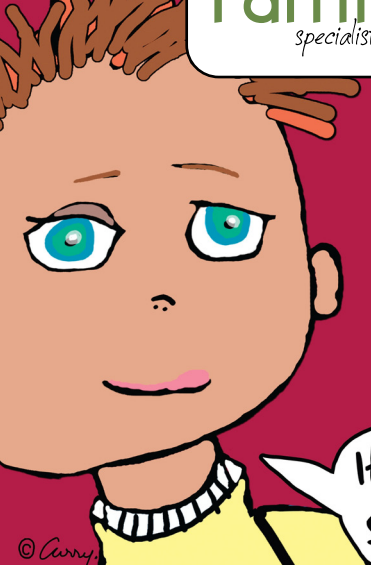
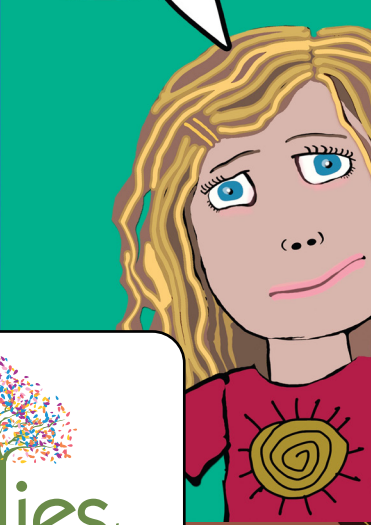


Speak out  
4 Kids



It's time to  
speak out.

P: 02 6563 1588 | M: 0488 631 099  
E: [sfcw@kempseyfamilies.org.au](mailto:sfcw@kempseyfamilies.org.au)  
W: [kempseyfamilies.org.au](http://kempseyfamilies.org.au)

© Curry

## KIDDY KATZ

(8-week program, 5-8 yo)

The program aims to:

- Provide creative art therapy to help children express themselves through play and builds positive attachments.



## KIDZ GROUP

(8-week program, 8-12 yo)

The program aims to:

- Build self-esteem, confidence, and resilience.
- Learn protective behaviours and safety strategies.
- Games, craft, and other activities.
- Talk about Domestic and Family Violence and its impact on them.
- Identify healthy and unhealthy relationships.
- Explore their feelings and have fun.



## WOMEN ON THE VERGE

(8-week program)

Information, support, and empowerment for women who have experienced Domestic and Family Violence.

The program aims to:

- Develop and maintain strong boundaries.
- Build self-esteem and self-worth.
- Identify stress triggers and learn relaxation techniques.
- Share what healthy relationship looks like.
- Share information about the effects of Domestic and Family Violence on women and children.

