

R'SPACE



Are you aged
5-14?
Have you lived
with
domestic
abuse?

We can help

What is Domestic Abuse?

Domestic abuse is when a grown-up threatens, bullies or hurts another adult in the family. Sometimes it's called domestic violence. And it can happen in any family. It can be very hard to deal with but remember that it's never your fault.

This can look like:

- > Physical violence (e.g. kicking, slapping and pushing)
- > Emotional abuse (e.g. threats, controlling behaviour and name-calling)
- > Sexual violence/abuse
- > Controlling money
- > Cultural/honour based violence (e.g. forced marriage, FGM)

What is R'Space?

- A safe space for young people who have experienced domestic abuse
- A 7 week group programme
- Learn coping strategies
- Meet other young people who have also lived with domestic abuse

The Programme will cover:

- > Family and relationships
- > Feelings
- > Self-esteem
- > Worries
- > Anger
- > Safety planning



For more information or to make a referral please contact:

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