

Helpful number  
CHILDLINE 0800 11 11



**innovatingminds**  
BELIEVING IN YOUNG PEOPLE

# HEALING TOGETHER

NURTURING CHILDREN & YOUNG PEOPLE AFFECTED BY DOMESTIC ABUSE



*I think it has given her the language to express how she is feeling and almost permission to discuss things.*

*Since starting the group he has had fewer anger outbursts. He has got so much better at opening up and expressing his feelings.*

FOR MORE INFORMATION OR TO ENROL

T: 0121 448 4190 | E: [info@innovatingmindscic.com](mailto:info@innovatingmindscic.com)

 [www.innovatingmindscic.com](http://www.innovatingmindscic.com)  
 @InnovatingM  @innovatingmindscic

Helpful number  
NATIONAL DOMESTIC VIOLENCE  
HELPLINE 0808 2000 247



**NATIONAL  
LOTTERY FUNDED**

## WHO ARE WE?

**Innovating Minds is a community interest company that creates a safe space for children and young people who are affected by domestic abuse.**

'Healing Together' defines the approach we have developed. We believe that children are more likely to have a successful recovery journey when their primary caregiver has started their recovery, placing them in a better position to support their child.

## HOW CAN WE HELP?

We support children between the ages of 11 and 16 years old. Each group consists of 8 sessions, and there will be no more than 8 people per group. Generally, groups will take place between 4.30-6.30pm in the Birmingham area.



We provide support by using a combination of psychological models to help children come to terms with their experiences, build confidence, self-esteem and develop positive coping strategies.

The programme is delivered by qualified and experienced professionals, and volunteers.

## WHAT HAPPENS NEXT?

Young people and their caregiver will be offered an initial assessment appointment. The assessment will take place with our welcoming team. We will ask some questions to get to know you, explore the difficulties and agree with you a plan to move forward.

The sessions are confidential in the sense that we do not share the information you tell us. However, if we are concerned about your safety, or the safety of someone else we will have to share this with the necessary services.