

Program Goals:

- Help children with the effects of living with family violence.
- Help children learn to develop a safety plan.
- Help children identify their feelings and express them in a non-violent way.
- Help children learn confidence and resiliency.

**new
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is appropriate for:

Children and teens between the ages of 7-17 years old who have witnessed family violence or anger related issues.

We are currently taking referrals for:

Ages 7-9:

4:00pm - 4:45pm

Ages 10-13:

4:00pm - 5:00pm

Ages 14-17:

4:00pm - 5:30pm

Pre-registration is required.

For further information, please contact:

Wellspring Family Resource & Crisis Centre
780-778-6209

www.whitecourtshelter.ca

**new
hope**

For Children & Teens

Building Resiliency in
Children & Teens
Who Have Witnessed
Family Violence or
Anger Related
Issues

Alberta



www.whitecourtfvi.ca

new hope

For Children & Teens

Program Outlines

A series of 10 lessons, one per week, for 10 consecutive weeks.

Summer Sessions also available.
Ask for details!

Sessions for Children:

Ages 7 - 9

Sessions for Children:

Ages 10 - 13

Session Topics Include:

- Introduction Night / Journalling
- All About my Family
- Getting my Feelings in Check
- Expressing Emotions
- Anger
- RCMP Visit
- Online Safety / Safety Planning
- Self Esteem
- Healthy Friendship
- Parent Night / Review

Sessions for Teens:

Ages 14 - 17

Session Topics Include:

- Healthy & Unhealthy Relationships
- Consent and Sexual Assault
- Social Media and Online Safety
- Anxiety and Stress
- Communication Styles and Peer Pressure
- Anger and Conflict Resolution
- Self Esteem and Self Image
- Intervention and Response to Dating Violence
- RCMP / Safety Planning



* Lessons and ages may vary accommodate group needs.