



## Domestic Abuse Recovering Together (DART)

### Helping children and mothers after domestic abuse

Through Domestic Abuse, Recovering Together (DART) children and mothers can talk to each other about domestic abuse, learn to communicate and rebuild their relationship.

Over ten weeks, mothers and children aged 7-14 meet for a weekly two-hour group session.

Children and mothers work together for an hour at the start of the group, then take part in activities in separate groups. At the end of each session, they join together again.

### Women learn more about:

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- How domestic abuse happens
- How domestic abuse affects children

They will also explore experiences and strategies that can be used as a parent.

### Children will:

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- Take part in activities together that help them build their own understanding of domestic abuse and how they're feeling



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### What are the outcomes?

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- Mother has increased confidence and self-esteem, which leads to safer parenting and greater emotional availability
- Child feels less anxious and is less likely to present with difficult behaviour
- Child has improved self-esteem, enabling them to make better friendships
- Mother-child relationship is strengthened
- An improvement in children's attendance in education due to the positive changes within the family environment
- Mother feeling more confident in implementing boundaries and meeting expectations

For more information about DART or if you wish to discuss a referral please contact [leanne@nidas.org.uk](mailto:leanne@nidas.org.uk).