



cedar project
south lanarkshire

children experiencing
domestic abuse recovery project



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information for children



Project
hosted and
managed by



contact information

To make a referral or to find out more about the groupwork programme please contact the coordinators.

Local CEDAR office number 01698 891498

Children & Young People's Coordinator Alison 07596 730406

Women's Coordinator Suzanne 07594 141239

email cedar@wasl.org.uk Website www.wasl.org.uk

Cedar Project, 115 Cadzow Street, Hamilton ML3 6HG

Find us on facebook Follow us on twitter: @womensaidSL

others who can help

Women's Aid South Lanarkshire

Children & Young People's Support Services 01355 249897

Childline 0800 1111 • Domestic Abuse Helpline 0800 027 1234

Hamilton Police Station 01698 483300

Social Work (out of hours) 0800 678 3282

www.cedarnetwork.org.uk



domestic abuse

Sometimes in families adults can bully and hurt each other by shouting, hitting or saying things which are not nice. If this has happened in your family you might feel...



domestic abuse is **WRONG**

– it is **NOT** your fault

the CEDAR project

The CEDAR Project has a group you can go to which will help you to understand what has happened in your family and talk to your Mum or Carer about this. The group meets once a week for 12 weeks. Each week there will be lots of different activities about things like...

- How to keep safe
- Changes in your family
- Feeling good about yourself
- How you are feeling

There will also be free time to play each week and tasty snacks.

The groups will be during the school day and we will arrange to get you there and back. Your mum/carer and teacher will know where you are going. They will not talk to other people about where you are. It is up to you who else you tell.

There will be 6 to 8 children in the group, all about the same

age as you. They will all have experienced hurting in their families. There will be three adult group workers to help you make friends and take part in the activities. Your mum can also go to a group which will help her talk to you about what has happened in your family.

confidentiality

Confidentiality means that you can talk to other people in the group and they won't tell anyone else what you've said. BUT if the workers in the group think that you or another person might not be safe, then they will talk with people about how to keep you safe.

