

Other Pathways services available:

Groups : Freedom, Self Esteem, Living Life to the Full, Building Bridges.

Other Services: Counselling, NLP and Get It Right Perpetrator Programme.

For more information or if you would like to receive the Pathways quarterly newsletter which details new groups and relevant information please get in touch on 01226 731812.

Alternatively if you are an organisation that would like us to come and talk to you and your colleagues about what we can offer, just ask us.



PATHWAYS FAMILY
SUPPORT CENTRE

We can help



You and Me, Mum

Recovery services
that help you get
back to being you.



Pathways Family Support Centre

33-35 Peel Parade
Barnsley
S70 2RN

Phone: 01226 731812
E-mail: Pathways.bdvg@yahoo.co.uk
Facebook: PathwaysBDVG



You and Me, Mum

You and Me, Mum is a group programme which focuses on how domestic abuse affects you and your children.

It will empower, support and develop further understanding of your role as a mother in addressing the needs of children and young people who have lived with domestic abuse.

You will have the opportunity to safely explore the impact domestic abuse has had on your children, to put yourself in their shoes and learn how to support and communicate with them following this.

What to expect

The group runs for 6 weeks at 1.5 hours per week.

You will be with a small informal group of women who have, or are experiencing domestic abuse.

It is a safe and confidential environment, and each woman will bring her own experience and story.

You can share as much or as little as you like; you are not required to share at all.

Its an opportunity to meet new people and make new friends.

We will laugh together and there may be tears, but there will always be tissues, tea and plenty of reassurance..

What does the group cover?

- 1) The role of a parent
- 2) Understanding abusive behaviours
- 3) Seeing events from a child's perspective
- 4) How children who have experienced abuse might behave
- 5) How to listen and communicate with children
- 6) Applying what we have learned to our own children.

