

BELIEVE IN ME



Believe in Me is a program for children and adolescents- and their mothers- who have been exposed to violence in the home. Families meet once a week, and each night of the program begins with a healthy, tasty and free meal. A portion of each session is spent together as a family discussing topics such as awareness of feelings, conflict resolution, separation and divorce, safety planning, and self- esteem. There are also opportunities for mothers and children to break into their own separate groups for discussion and activities.

HIGHLIGHTS

- FREE! FUN! CONFIDENTIAL!
- Children Ages 5-16, and their mothers
- 9 Week Open Concurrent Program
- Assistance with transportation

For more information,
please contact Amanda:

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