



## **KID POWER GROUP**

### **Children Who Witness Violence**

A group counselling program for children age 5 - 11 that have been exposed to family conflicts including emotional, verbal, physical, sexual or economic abuse is provided by Central Alberta Women's Outreach and Family Services of Central Alberta. The counselling program consists of up to 10 group sessions each lasting approximately 1 and .5 hours.

The sessions involve education and group discussion about family conflict, learning to express feelings and thoughts about conflict, addressing attitudes and responses to anger, discussion of how to solve problems with family and friends and improving self esteem. Group activities and refreshments will be included.

#### **The primary goals of Kid Power are to encourage children to:**

- ✦ To learn what abuse is
- ✦ To learn to express feelings and thought about experiences such as separation or loss, family violence and other stressful family events.
- ✦ To develop a safety plan
- ✦ To learn to express anger in a healthy manner
- ✦ To improve problem solving skills.

**Registration for program please contact the Women's Outreach at: 403.347.2480.**

#### **Parent Component of Kid Power**

The parent component consists of up to 8 group sessions with each session lasting about 1 1/2 hours. Through the use of experiential activities, videos and group discussion parents are supported in sharing their experiences while implementing new parenting skills.

#### **The primary goals of the Parenting Program are to encourage parents to:**

- better understand their child's world, through the use of empathy.
- become aware of messages they received in their childhood and how they affect their parenting today.
- become aware of the difference between punishment and discipline
- become aware of the difference between effective and ineffective communication skills.
- become aware of the long range consequences of different discipline