

From Surviving to Thriving



West Cork Women Against Violence are running a programme specifically for women who are parenting alone after domestic abuse.

Would you be interested in?

- ♦ Having a safe, non-judgemental space to talk.
- ♦ Meeting other women with similar experiences.
- ♦ Feeling empowered and gaining back control.
- ♦ Not feeling alone in your anxieties and having knowledge of the supports and options that can be used.

Running over 8 weeks, our programme is a unique parenting group designed to meet the needs of mom first and then the children.

Each session has a specific theme that combines self-reflection and practical tools and information relating to domestic violence.

Participants of our 2018 programme were asked what they would say to someone who is considering participating but is undecided?

"It's nerve racking to begin but try one session...It will improve your life and your kids' life."

"Do it - there is nothing to lose except for a bit of your time. It can open up new possibilities to you and supports and knowledge "

"It will be eye opening and give you loads of knowledge and tremendous support."

"Go do it and don't miss a session!"

Participants must:

- ♦ Be living apart from their abusive partner for period of one year
- ♦ Meet with WCWAV staff before enrolling in the programme
- ♦ Give a commitment to regular attendance to the programme

If I would like to participate in the programme or need more information what do I do?

- ♦ Contact WCWAVP on 027- 538 47 or admin@westcorkwomensproject.ie

"I massively benefited from the course. I was very tired and worn down before but it gave me huge strength and a second life."

2018 Participant

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West Cork Women Against Violence are running a programme specifically for women who are parenting alone after domestic abuse.

From Surviving to Thriving will look at:

- ♦ The impact of domestic abuse on mom as an individual and as a mother.
- ♦ Understanding the impact of domestic abuse on children & the challenging behaviours this can create.
- ♦ Emotional manipulation and control of children by ex-partners.
- ♦ Coping with the challenges of children's access with an ex-partner.
- ♦ Managing and looking after mom's own needs and feelings.

The programme will provide:

- ♦ A safe, non-judgemental space where there is a focus on Mom's need's first and then parenting.
- ♦ Expertise on the dynamics and aftermath of domestic abuse.
- ♦ Tools and information to help Mom manage and cope with both her and her children's emotions and needs.
- ♦ Peer support

"I went into the programme to help my son, but I ended up getting the most from it and I can better help my son now as a result"

2018 Participant

"I got a lot of reassurance about my kids' behaviour from the other women . I didn't realise how much validation and comfort I would get from that"

2018 Participant

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Programme sessions will run for two hours once a week. The programme will begin in October 2019 running for 8weeks (one week break for mid-term)

If you know of any clients that would benefit from our programme please contact WCWAVP with their details. There is no referral form required, clients just need to meet the criteria above.

For more information on the programme please contact WCWAVP directly on

027- 538 47 or

lisa.culloty@westcorkwomensproject.ie.

"The facilitators were so pleasant, positive, supportive...I knew it was a safe open space..."

2018 Participant