



Hello.

A bit about us.

We are a small group of people that work with children and adults. We are called the Domestic Abuse Healing and Empowerment team.

We meet with all kinds of children (and adults too) that have seen or heard some things that are hurtful. Things that should not have happened. Things that we call domestic abuse.

Because of what has been seen or heard, many of the children who come to us may feel anger or sadness. They sometimes feel unsafe or scared. There are also lots of other feelings too, none of which are wrong.

When children come to see us, we do all sorts of things. Sometimes we play with toys, sometimes we paint or draw. We might even make some music. We often chat as well.

We tend to see children a few times. Sometimes their adult stays with them but children always come with their adult and go home with them too.

We look forward to meeting you.

[family-action.org.uk](https://www.family-action.org.uk)

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