

Childline
0800 11 11

healing
together 

Nurturing Children Impacted by Domestic Abuse



*I think it has given her
the language to express
how she is feeling and
almost permission to
discuss things.*

*Since starting the
group he has had fewer
anger outbursts. He
has got so much better
at opening up and
expressing his feelings.*

For more Information or to Enrol

National Domestic
Violence Helpline

0808 2000 247



Healing Together

The Healing Together programme provides support for young people (6-16 years) who are impacted by domestic abuse.

This trauma informed programme is based on 6 sessions and each session is delivered within 60 minutes. The programme can be delivered as a group programme or on a one to one basis within different settings (i.e. schools, community services).

The programme has been carefully put together to help children learn about how their body and brain can work together to help them feel safe and calm. Children will not be asked to talk about their experiences of domestic abuse. This is a programme to help children connect and learn how to keep their brain and body feeling safe.



The programme is delivered by accredited Healing Together facilitators.

What Happens Next?

Young people and their caregiver will be offered an initial assessment appointment. The assessment will take place with our welcoming facilitators. We will ask some questions to get to know you and tell you more about the programme.

The sessions are confidential in the sense that we do not share the information you tell us. However, if we are concerned about your safety, or the safety of someone else we will have to share this with the necessary organisations.

At the end of the session, the child can make a decision about attending the Healing Together programme.