



Child IDVA



1-1 support for children and young people who are high risk victims of domestic abuse. Support is offered in school or community venues. Safety planning and advocacy, court support for 3-16 year olds

Young Person Group and 1-1

1-1 sessions and 8 week STAR group for 11-13 and 14-17 year olds who have experienced domestic abuse in their family or in their own relationships.

Healthy Relationship workshops for all young people delivered in school and youth clubs.



Heart to Heart



Heart-to-heart is a fun and effective early help attachment programme for parents/carers and their children/teens to attend together.

A 6 week group for 5-9 years and 10-13 years to attend with their parent/carer.

Child Parent Relationship Therapy Group

A 10 week group, for parents/carers, which aims to strengthen their relationship with their child through play.

CPRT teaches parent/carers to work in a therapeutic manner with their children through instruction, demonstration of play sessions and at home play sessions.



Offers support for children and young people aged 3-17 years old who have been affected by domestic abuse together with their parent/carers who live in the Merthyr area.

The children must not be living with the perpetrator to access support, unless they are engaging in a perpetrator programme.



Registered Charity Number: 1062150



children

The group is 2 hours. For the last half hour we ask parents/carers to come back to complete an activity with their

- Feelings
- What is domestic abuse?
- Safety
- Body Safety
- Support networks
- Changes
- Self esteem

The sessions will include the following...

Comets and Rockets is a 7 week group. We run a younger group for 4-6 year olds and an older group for 7-11 year olds. In these groups siblings can attend together.

The sessions will include the following...

Groups

Comets and Rockets



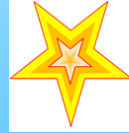
Play Therapy



Play Therapy provides children with the emotional support and safety to explore traumatic experiences and begin to develop strategies to help them cope in the future. All our Play Therapists are BAPT (British Association of Play Therapist) members.

We offer play therapy to children and young people 3—16 years old where appropriate.

A minimum of 15 sessions are offered with regular parent/carer review meetings.



What we offer:

Comets and Rockets can offer...

- Play Therapy
- Comets and Rockets
- STAR group for 11-17 year olds
- 1-1 for 11-17 year olds
- Child IDVA support for 3-16 year olds
- Child Parent Relationship Group
- Heart to Heart Group
- Healthy relationship workshops in High Schools and Youth Clubs.

For further information or to refer to Comets and Rockets please contact:

**Comets and
Rockets on:
01685 353999**

