

accommodation, phone 9328 1888.

are busy. If you need emergency leave a message if all our counsellors weekdays. Sometimes you may have to We are open from 9am to 5pm on

When is the service open?

We refer families to the service. or caregivers or staff at other services can Parents can contact the service themselves, You don't have to have been a refugee client.

Who can use the service?

- Group Programs
- Support to Parents
- Counselling for Children
- Assessment
- Information

We provide:

What kind of help can the counselling service offer?

- At the Children's Counselling Centre
- Community outreach centres
- Women's refuges

as:

We can work with families who need the service at a range of different places such

Where are the counselling services provided?

It is a free service for children and parents who have experienced domestic or family violence.

What is the Patricia Giles Centre Children's Counselling Service?

It is a free service for children and parents who have experienced domestic or family violence.

Children's Counselling Service

Patricia Giles Centre



Children's Counselling Service



Helping children, adolescents and their families who have witnessed and/or experienced domestic violence.

Ph: 9328 1888

www.patgilescentre.org.au



- Child development
- Children's rights

Some of the areas we can help with are:

- Parenting groups
- Individual face-to-face sessions
- Phone counselling

We provide support for parents through:

Support to Parents

We can also offer referrals to other services. We make sure counselling for each child meets their individual needs.

We offer short term counselling for children and adolescents to help them deal with domestic violence and the changes it has brought to their lives.

Counselling for Children

We can assess the level of safety of children and their families, to help you decide what support services you need.

Assessment

We can also just talk with you about parenting issues related to children experiencing or witnessing domestic violence.

We can give you information about other services that may also be able to help.

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Information

You can phone us to find out how we may be able to help you.

We can give you information about:

- domestic violence
- how domestic violence affects children
- other services that may also be able to help.

USEFUL NUMBERS

- Police - Crisis 000
To report an incident 13 14 44
- Crisis Care (08) 9223 1111
- Patricia Giles Centre Counselling Service for Women (08) 9300 1022
- Patricia Giles Centre Children's Counselling Service (08) 9328 1888
- Legal Aid Domestic Violence Unit (08) 9261 6254
- Joondalup Family Violence Court (08) 9400 0707
- Lifeline 24 Hours 13 11 14
- Women's DV Helpline (08) 9233 1188
- Sexual Assault Resource Centre (08) 9340 1828

Postal Address

Po Box 550 Leederville 6903

Fax: 92280464

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The Patricia Giles Centre Children's Counselling Service is funded by the Department of Child Protection.

We provide counselling and assessment to children who are living in women's refuges in the metro area.

Women's Refuges

Camps are held twice a year during school holidays to help make family relationships stronger. We hold family picnics as a follow up to the camps, to help families to form support networks to help them break the cycle of violence.

Camps and Day Outings

The groups are held in a safe and enjoyable environment.

- How to make safety plans
- How to deal with conflict
- Feeling better about yourself
- Ways of solving problems
- Communicating better
- Expressing your emotions
- What is abuse and who is responsible?

We offer Group Programs to children and parents. Here are some of the things we talk about in the children's groups:

Group Programs

- Children's experience of domestic violence
- Parenting skills
- Communication
- Sibling relationships
- Changes within the family



What is domestic violence?

Domestic violence happens when one person in a relationship wants to have power and control over the other person.

There are different kinds of abuse such as:

- Physical
- Verbal
- Emotional
- Financial
- Social isolation
- Sexual
- Psychological

Children are often the target of abuse. Here are some ways that domestic violence can affect children:

Children can feel:

- Scared • Helpless • Confused • Bad • Angry
- Guilty about loving the abusive parent
- Guilty about not protecting the abused parent
- Worried about the future • Hopeless
- Worried about losing a parent
- Insecure • Numb • Isolated
- Split down the middle

Children might think that:

- Men have the right to control women
- Violence is an OK way to solve problems
- The violence is my mother's fault
- The violence is my fault
- Nothing is safe
- Domestic violence has to be kept secret
- My father hates me so I must be a bad person

Some children may show acting-out behaviour, have nightmares, find it hard to concentrate or even be an overachiever - children who live in domestic or family violence can be affected in many different ways.