

We are committed to helping children learn the necessary skills to move through life transitions in a healthy way.

What will your child do at KIDSTRONG?

The group incorporates age appropriate instruction, therapeutic games, role-plays, worksheets, movement, art therapy, small group discussions regarding the weekly topic, feelings, self-esteem activities, safety planning, and snack.

Please inform our group instructors in advance of your child's attendance (drops ins/cancellations) so they can plan ahead

YWCA of the Niagara Frontier

Lockport Location

32 Cottage Street

Lockport, NY 14094

Phone: (716) 433-6714

www.ywcaniagarafontier.org

24 hr. Crisis Hotline

(716) 433-6716

KidStrong

Working to
Strengthen Families



**eliminating racism
empowering women**

YWCA

Please call location for specific days and times and more information
Phone numbers listed on the back

What is KIDSTRONG?

KIDSTRONG is a support group for children that have been exposed to family violence. The program works with children ages 4 to 12 year olds. Each session includes a topic, snack, discussion time, and parent update.

- * **Topics:** Self-esteem, safety planning, children's rights, domestic violence, assertive vs. aggressive behavior, separation /divorce, and feelings.
- * **Groups:** Groups typically include 5-10 kids. Babysitting may be available for siblings not attending group .
- * **Enrollment:** An orientation must be scheduled to enroll in the program. There are no fees to attend. Children may start or stop the program at any time.

Hope for the next
generation

How Domestic Violence Affects Children

Domestic violence in the home has a profound, often permanent effect on children who are exposed to it. Even if the children are not abused themselves, being helpless witnesses to the abuse of a parent is just as traumatizing to them.

The effects of living in a violent home may create problems for a child throughout his or her life.

- * An estimated 3.3 million children aged 3 to 17 years may witness domestic abuse of a parent every year in the United States.
- * Children living in DV homes are 15x more likely to be physically abused or neglected themselves
- * A study of delinquent youth found a history of family violence is the most significant barrier in their lives
- * Children who have witnessed their parents' domestic violence are three times more likely to abuse their own partners

- * Children who witness violence at home display emotional and behavioral disturbances as diverse as withdrawal, low self-esteem, nightmares, self-blame, and aggression against peers, family members, and property.

Goals of our program

1. To help children learn new ways to cope with separation, violence and low self-esteem in a safe environment where they feel a sense of belonging.
2. To assist children in building positive social behaviors.
3. To aid children in gaining self-esteem through a support group that understands and values each child's uniqueness.

Please call individual
locations to
sign up