OUTSIDE PANEL 1 (BACK)

Referrals & Information

Schools, professionals, parents and carers can contact Warrington Women's Aid to discuss referrals and support options.

01925 417138

office@warringtonwomensaid.org.uk

www.warringtonwomensaid.org.uk

Scan here to find out more

Visit our website for further information, downloadable resources and referral details.

Working together for brighter futures

OUTSIDE PANEL 2 (SPINE)

"Every child deserves to feel safe, heard and supported."

WARRINGTON WOMEN'S AID

SAFE LIVES. STRONGER FUTURES.

OUTSIDE PANEL 3 (FRONT)

WARRINGTON WOMEN'S AID

SAFE LIVES. STRONGER FUTURES.

Healing Together

Emotional Wellbeing & Trauma Recovery Support for Children in Schools

Supporting children affected by:

- Domestic abuse
- Trauma & Adverse Childhood Experiences
- Anxiety & Emotional Distress
- Family Change & Loss
- Low Confidence & Self-Esteem

Helping children understand their experiences, build resilience and thrive.



INSIDE PANEL 1 (LEFT)

What is Healing Together?

Healing Together is a specialist, trauma-informed programme designed to support children and young people who have experienced domestic abuse, trauma, adversity or significant emotional challenges.

Delivered in partnership with schools, the programme helps children to:

- Understand emotions and behaviour
- Build resilience and confidence
- Improve emotional wellbeing
- Develop healthy coping strategies
- Feel safer and more secure
- Strengthen relationships and communication

Small steps make a big difference

Using creative and age-appropriate activities, children are supported to explore their experiences in a safe, structured and nurturing environment.

INSIDE PANEL 2 (CENTRE)

Why is it Needed?

Research shows that children who experience domestic abuse or trauma can be affected emotionally, socially and educationally. These experiences can have a significant impact on a child's wellbeing, development and ability to reach their full potential.

Children may experience:

- Anxiety and worry
- Difficulties managing emotions
- Low confidence and self-esteem
- Challenges with friendships
- Reduced concentration in school
- Feelings of confusion, fear or uncertainty

Understand Support Empower Thrive

Early intervention can significantly improve outcomes by helping children understand their experiences and develop the skills they need to flourish both in and out of school.

Key Topics Explored

- Understanding feelings
- Managing big emotions
- Building confidence
- Healthy relationships
- Feeling safe
- Resilience and coping skills
- Communication and self-expression
- Positive futures

INSIDE PANEL 3 (RIGHT)

How We Work With Schools

Healing Together can be delivered through:

Individual Support
Targeted one-to-one eessions for children needing additional support.

Small Group Programmes
Structured interventions for children with shared experiences and needs.

Wellbeing Workshops
Age-appropriate sessions focused on emotional health and resilience.

Parent and Carer Support
Guidance to help trusted adults understand and support recovery.

Staff Awareness Sessions
Supporting schools to develop trauma-informed approaches to wellbeing.

All delivery is tailored to the needs of each school and child and is undertaken in line with safeguarding procedures.

The Difference Healing Together Makes

Children who participate in Healing Together often report:

- Greater emotional understanding
- Increased confidence and self-esteem
- Improved emotional regulation
- Enhanced resilience
- Better engagement with learning
- Stronger relationships with trusted adults

By helping children understand what has happened to them, rather than defining them by those experiences, Healing Together supports long-term recovery and positive development.

Children are stronger than they know