



From parents:

“I now have two mature young men who understand violence is not the answer.”

“You really saved my daughter. The changes since she’s been in counseling are phenomenal. You built up her character and self-esteem and made her comfortable talking about her private life. I wish more people knew what you can do, all the programs you offer.”

From children:

“I feel like I can talk about this now.”

“I know it’s not my fault.”

“I have more energy after I see you.”



Did you know?

- Between 3.3 and 10 million children are at risk of witnessing domestic violence each year
- 90% of children in families where there is domestic violence see and/or hear the violence
- Boys who witness their mothers being abused as children are more likely as adults to batter their female partners than boys from nonviolent homes
- 50-70% of children who witness domestic violence are abused as well
- As violence against the mother becomes more severe and frequent in the home, children experience a 300% increase in physical violence by the male batterer

Children are the innocent victims of family violence.



The Children’s Program at the Women’s Resource Center can help.



WOMEN'S RESOURCE CENTER

Serving victims of domestic violence in Newport & Bristol Counties
114 Touro Street, Newport, RI 02840 - (401) 846-5263
624 Main Street, Warren, RI 02885 - (401) 247-2070
www.wrcnbc.org

Children who witness violence in their homes are often the silent victims of such violence. Family members may deny the pain and severity of the problem, encouraging children to do the same.

The children, ashamed, afraid, and feeling a strong sense of family loyalty, "keep the secret," sometimes at great physical or psychological cost.

Although children may remain silent, the effects of family violence are loud and clear.

Effects on Children

- Depression
- Anxiety
- Sleep disturbances
- Anger and aggression
- Low self-esteem
- Poor relationship skills
- Helplessness
- Poor school performance
- Increased risk of becoming an abuser or a victim



In response to the needs of children who witness domestic violence, the Children's Program at the Women's Resource Center of Newport & Bristol Counties offers a variety of services including:

- A thorough assessment of each child's needs
- Supportive counseling services for children
- Children's groups
- Family counseling
- Parent support and education
- Appropriate referrals



Providing a safe and comfortable place for children who witness violence to talk, learn and grow

Initial Assessment

When children first enter the program they meet with a trained clinician who evaluates their individual situation and recommends appropriate services.



Counseling/ Children's Groups

A primary goal of both our children's counseling services and our children's groups at the Women's Resource Center is to help children learn to discuss their feelings freely, without risk of judgment or shame. Topics for both individual and group work include:

- the danger of keeping secrets that hurt understanding, labeling, and expressing feelings
- responsibility
- safety
- relationships
- anger management

These topics are addressed through discussions, art work, play, and writing. Family counseling services are also available and focus primarily on relationship development within the family. Art and creative writing are used in family counseling to help facilitate the development of healthy, open relationships.



Parent Support and Education

As we work with children, we also work closely with the parents, either through a parenting group or individually, talking about such issues as the effects of violence on children, child development, discipline, and forming healthy relationships. Parents are encouraged to label their children's strengths, as well as their own, and to build on these strengths.