

## Contact Us

For more information about the service and how to access support, please get in touch with us.



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**DOMESTIC  
ABUSE SERVICE**



**Preventing and  
Responding to  
Domestic and  
Sexual Abuse**

**Yellow Door are pleased to be able to offer a number of services developed specifically for those affected by domestic abuse.**

## Pattern Changing

This 12-week educational programme is available for women who have experienced domestic abuse at any point in their lives.

The weekly sessions offer participants the opportunity to reflect on their experiences with others in a safe and comfortable space, and focuses on the following topics:

- The impact of domestic violence and abuse
- Managing emotions and developing coping mechanisms
- Assertiveness skills
- Decision Making & Goal setting
- What makes a healthy relationship

## Advocacy

One to one advocacy support is available for existing clients. Advocacy is about listening to you and helping you speak up about your views, wishes, choices and rights. An Advocate will meet with you and listen to what you want. Then the advocate will support you to achieve your goals.

## Surestart Special Programme



A 10 week programme for children (3-5 years) and their mother/carer who have been exposed to domestic violence and abuse.

Therapeutic Play sessions with children delivered by a Play Therapist and Sure Start Worker.

Plus, the You & Me, Mum programme for mothers/carers, delivered by a domestic abuse worker. It covers parenting skills and strengthening family communication post-abuse.

## Adverse Childhood Experiences Recovery Toolkit

The ACEs Toolkit is a trauma-informed course, focusing on negative and traumatic experiences endured during childhood. Safe, Talk, Thrive offers the opportunity for both mother and child to consider their own stressful experiences during childhood and think about how these experiences have impacted them.

Both mother and child are invited to work towards developing positive lifestyles and healthy coping strategies over 8-10 weeks.

## How can I refer?

If you are interested in finding out more about how the service can help you, please contact us via any of the methods on the reverse of this leaflet.