

Did You Know?

Children exposed to intimate partner violence can...

- be more anxious than other children.
- show more aggression than others.
- be traumatized by what they see.
- have difficulty in social relationships.
- have trouble paying attention.
- have poorer health than children not exposed to intimate partner violence.
- *cope pretty well.*

There is Hope!

Children are amazingly resilient and with the appropriate intervention can grow and thrive.

The Kids' Club and Moms' Empowerment program uses a tried and true model developed in 1990 by Dr. Sandra Graham-Bermann of the University of Michigan. It has been implemented and researched for more than 30 years.

The program has proven effective in improving coping skills, reducing behavior problems for children, and providing empowerment and parenting support for moms.



ALLEGHENY CHILDREN'S INITIATIVE

Allegheny Children's Initiative provides behavioral and mental health support services to children and adolescents between the ages of 2-21 in Allegheny County. The agency brings families, schools and community organizations together. We help children function at their highest abilities by providing a continuum of behavioral health oriented services.

Allegheny Children's Initiative is accredited by the Council on Accreditation (COA) and is a member of the Partners For Quality family of agencies.



For more information:

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PFQ.org

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Kids' Club & Moms' Empowerment Support Groups



ALLEGHENY CHILDREN'S INITIATIVE

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Is This Right For Me?

Have you experienced physical, emotional, or verbal abuse with a partner?

Do you have a child between the ages of 4 and 12 who may have witnessed or experienced abuse?

Are you interested in free support groups for you and your child(ren)?



Supporting Moms & Kids After Abuse

You and your children, ages 4 to 12, are invited to join our Kids' Club and Moms' Empowerment Groups for women and children who have been exposed to intimate partner domestic violence.



Kids' Club

The Allegheny Children's Initiative Kids' Club is a friendly and fun group that supports children who have been exposed to intimate partner violence. These age-appropriate groups help children:

- talk about things they like and don't like.
- share ideas about the best ways to solve problems.
- think together about feelings that kids have.
- cope better with their experiences.
- share positive ideas about families and the future.
- build self-esteem and social skills.
- reduce self-blame and learn coping skills.



Moms' Empowerment

Moms meet separately on the same evening to share their parenting experiences and concerns, and receive support from peers and professionals. This group is for mothers who have experienced abuse with an intimate partner. Confidential support and empowerment is designed to:

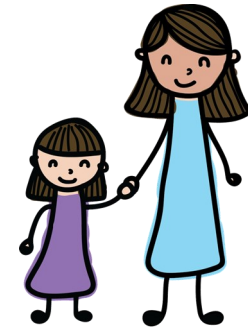
- provide support.
- empower women as mothers.
- identify children's needs.
- share parenting strategies.



Get Involved!

Our group meets for two hours each week for 10 weeks at various locations in the Pittsburgh area. Dinner, activities and crafts are provided.

Free child care is available during group time for children under 4.



Contact

Allegheny Children's Initiative

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