

## **Alice's Kids**

Perhaps one of the most heartbreaking effects of family violence is how it affects children. Often, kids witness the abuse experienced by the mothers and are profoundly affected by the frightful images and feelings of helplessness and anger. The number of children who live with Alice Housing and/or access our services has doubled over the last year.

At Alice Housing, we work with mothers and their children to strengthen their relationships and assist mothers in continuing their parenting in a healthy and consistent manner. We offer parenting classes, advocacy with children's agencies, one-to-one counselling, recreational play, camping retreats and many other activities.

Alice Housing works with generous partners in the community to provide children toys at Christmas, school supplies, and other childcare needs. Our staff also liaison between our agency and other organizations that assist families in crisis, such as Family SOS and the Dartmouth Family Centre.

Our children's services include:

- Supervised activities with qualified childcare providers.
- Counselling sessions at relevant agencies.
- Christmas Party and Family Sponsorship Program.

## **Alice's Kids' Resource Library**

In an effort to assist mothers and their children explore their shared experiences of family violence, Alice's Kids' Resource Library was developed. By reading storybooks with tales relevant to their experiences, kids can then begin to talk to their moms about their feelings in a nurturing and constructive manner. For mothers who struggle with literacy, we offer videotapes and audiotapes with positive parenting messages. The physical act of reading between mother and child is therapeutic in itself.

The Resource Library encourages:

- Mothers and children to explore the issues surrounding domestic abuse using age-appropriate reading materials.
- Families to begin to explore their feelings and experiences, thus enhancing their journey of recovery from family violence
- Mothers and children to use reading as a bonding experience.