



cedar project

children experiencing
domestic abuse recovery project



information for agencies

The CEDAR Project is a therapeutic group work programme for children and young people aged 5-16 who have experienced domestic abuse. Mothers have the opportunity to attend a women's group to support their children.



what is domestic abuse?

“Domestic abuse (as gender-based abuse) can be perpetrated by partners or ex-partners and can include physical abuse (assault and physical attack involving a range of behaviour), sexual abuse (acts which degrade and humiliate women and are perpetrated against their will, including rape) and mental and emotional abuse (such as threats, verbal abuse, racial abuse, withholding money and other types of controlling behaviour such as isolation from family and friends).”

Scottish Government National Strategy

Cedar help you to recover as a family

I understand my children better & feel I can give them the support they need

children's/young person's groups

The groups are designed to allow the children and young people the opportunity to:

- Understand and come to terms with their experiences of domestic abuse
- Develop safety and problem solving skills
- Feel able to express and understand their feelings

information about Cedar Groups:-

- 1-1 support can be provided prior to and after group if needed.
- Run for up to 12 weeks
- Children's groups take place during the morning of the school day and last for 1.5 hours
- Teenage groups run after school, in the early evening for 1.5 hours.
- Mum's groups take place during the day and last for 2 hours.
- All groups take place in a safe and supportive venue in central Perth
- Transport can be provided for children and young people

mum's group

The mother's programme runs in parallel to the children's – with mothers meeting a day or two before their children. Mothers have the opportunity to look at and discuss the materials that their children will be using.

The groups will be held in the local community. Groups are usually during the day and support may be available with child care.

assessment process

It is essential that families are in a safe place without ongoing abuse and are not living with the perpetrator. However, children may still have contact with their Dad / Step Dad / Mother's ex- partner.

Step 1 Referral made to CEDAR Project with Mother's informed consent

Step 2 Mother contacted by CEDAR Co-ordinator to explain CEDAR and arrange a first meeting.

Step 3 Follow up meetings arranged with individual family members to complete assessment and to discuss how groups might work for family.

Step 4 Individual meetings continue to be arranged as required, to build up rapport and relationship with families and also to provide support, which will enable Mother's and their children to take part in Cedar groups.

'Looked After Children' and children in kinship care may also be able to take part in CEDAR.



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contact information

To make a referral or to find out more please contact

contactus@perthcedar.co.uk
or telephone 01738 635404

www.cedarnetwork.org.uk