



0-19 Early Help Hubs

Barnet Early Help Team are offering a Childrens group programme

Time for Me - for children who have experienced or witnessed hurting in their family.

The group is based on theories developed by Children Overcoming Domestic Abuse (CODA)



Purpose of the Group

To offer children an opportunity to understand and process their experiences and emotions in a safe environment, without fear of upsetting their parents. Through the support of our group, children will be able to gain their confidence, identify unsafe behaviour and support them to understand it's not their fault. By delivering this type of support through a group decrease feelings of isolation. The group also encourages young people to develop support networks and safety plans.

The group runs for 6 weeks

Starting: 24th January 2023 – Ending 6th March 2024 (the group will not be running during the half term)

Time: 4 – 5.30pm

Ages: 7 – 10 years old (This may change to suit the demand)

Venue: Newstead Childrens Centre, 1 Fallows Close, N2 8LG

The group includes confidence building, learning and interactive games and activities.

Although some topics discussed may be difficult and emotional, children will feel supported and gain a better understanding of what they have experienced. Children should expect to have fun in this group and should leave feeling positive about themselves.

For further information please contact Makeda Hypolite - 07935073877

To make a referral please follow the Universal Plus form link below:

[Make a referral to the Early Help team | Barnet Council](#)



www.barnet.gov.uk/0-19

