

Children's Service Worker In Shelter

Children's Service Worker will:

- * Be available for children that come to stay at the shelter with mom.
- * Advocate and support mom while staying in the shelter.
- * Make referrals for mom regarding children's services in community.
- * Organize off-site activities for kids staying in shelter.
- * Organize on-site activities such as movie nights and crafts.

Children's Outreach Program

The Children's Outreach Worker will:

- * Meet with children who have witnessed violence in the home.
- * Provide groups for children.
- * Provide individual counselling for children.

If you are worried about your safety call us.
We are here all the time.

24 Hour Crisis Line

TTY Services

613-966-3074, 1-800-267-0533

Centre Hastings

613-473-1976, 1-888-275-0710

www.threeoaksshelterandservices.ca

Three Oaks Shelter offers:

- * 24 hour crisis information from experienced counsellors
- * 24 hour emergency shelter
- * Safety planning
- * Individual counselling
- * Referrals and advocacy
- * In house children's program
- * Interpreters
- * Support groups for women
- * Help to find and keep new safe housing
- * Student placements

Three Oaks is a non-profit, charitable organization.
Donations are accepted and appreciated.

Mom, have your
children witnessed
violence against
you?



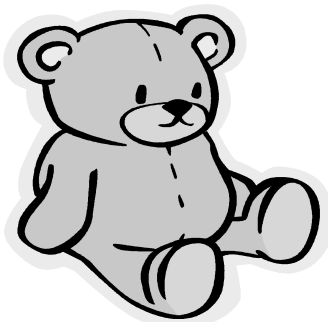
Children's Services

Services provided in
Hastings County
www.threeoaksshelterandservices.ca

**Children can be affected
when they hear or see
violence against their
mother.**

Witnessing Includes:

- * Children may feel confused, scared or blame themselves.
- * Children may be injured if they try to referee or rescue mom.
- * Children may blame mom for abuse.
- * Children may become angry and aggressive or the opposite, they may become sad and withdrawn.
- * Children may refuse to respect mom's authority.



**We can help.
We have groups for children.**

In group children will:

- * Work on making their own safety plan.
- * Learn to express their feelings safely.
- * Discuss their feelings of guilt, shame or loss.
- * Practice problem solving.
- * Take part in exercises that will build their self-esteem.
- * Have fun.

Mothers can participate in a separate group at the same time as the children.



**What parents said about the
children's program.**

“The most important thing about the service was the support for my children.”

“I feel Three Oaks has really helped me and my children.”

- * Groups are offered in the fall, winter and spring of each year.
- * Group counselling is not for everyone. Some children may not be ready to participate but can benefit from just listening to others.
- * We provide individual counselling and support for children who are not ready to enter a group setting.
- * Groups are also available for mothers.

**To connect with Children's
Services please call:**

613-966-3074 or 1-800-267-0533

Central Hastings

613-473-1976 or 1-888-275-0710