

Remember these selection criteria

- Children must be aged 7-14.
- The programme works with one mother and one child at a time. If there is more than one child, you could ask the mother if she'd like to work through the programme again at a later stage with the other children.
- The perpetrator of domestic abuse must not be living within the family home, and must no longer be in a relationship with the mother. This is because it's important that mothers and their children feel safe enough to take part in the programme.

Get in touch

If you know a family who could benefit from attending DART, or for more information, contact:



INFORMATION FOR
PROFESSIONALS

Domestic Abuse Recovering Together (DART)

Helping children and families recover
from domestic abuse.

DART is a 10-week programme that helps mothers and children strengthen their relationship following domestic abuse.

Who runs the service?

To bring DART to as many families as possible, the NSPCC works in partnership with many agencies across the country. In your area, they're working with:

Who's it for?

DART is for women and children who've experienced domestic abuse. Over a 10-week programme, they explore their issues within a safe and friendly environment, promoting openness and honesty.

This programme is designed for one mum and one child per family. But if they have more than one child, you may invite them to complete the programme with the other children at a later time.

What are the goals of a DART group?

We'll help women and children:

- understand what domestic abuse is
- learn how to talk about domestic abuse
- express their feelings in acceptable ways
- know they are not to blame
- identify protection strategies
- build their confidence and self-esteem.

"We know that mums find the group process empowering, and that children learn abuse is not their fault."

- Ahmed, DART practitioner



What happens at DART?

Women and children work together for an hour at the start of the group then take part in activities in separate groups. At the end of each session, they join each other again.

Women will:

- meet other women who have lived with domestic abuse
- share their experiences
- talk about their feelings
- learn more about domestic abuse – why and how it happens, and how it affects children
- talk about and explore strategies that they can use as a parent.

Children will:

- meet other children who have lived with domestic abuse
- talk about what has happened to them and their family
- tell us how they are feeling
- learn more about keeping safe
- learn more about domestic abuse.

Together families will:

- share their experiences
- build on communication
- share what they have learned.