

velkommen välkommen
welcome bienvenida
willkommen
bienvenue welkom
benvenuto powitane vitéjte
boas-vindas tervetuloa

Benefits

Housing

Domestic Abuse

Education



Barnet

A Sure Start Children's Centre

Child and Family Early Help

Barnet Early Help Team are offering a Children's 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 is covered over 6 sessions on a Wednesday

Start Date: 17th September 2025

Finishing Date: 22nd October 2025

Time: 4 – 5.30pm

Ages: This will be determined by the responses we have for attendance

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**

Telephone Number: 0208 359 7640

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

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



Child and
Family
Early Help



Childrens
Centres

Caring for people, our places and the planet



www.barnet.gov.uk/directories/childrens-centres
www.barnet.gov.uk/earlyhelp

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