

# Kids Feeling Safe programme



**iosis.**

Transforming family life  
for good

**Kids Feeling Safe is a child-focused programme, working with families who have experienced family violence. It helps them understand and develop new skills for healthy relationships.**

[www.iosis.org.nz](http://www.iosis.org.nz)

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## About the Kids Feeling Safe Programme

All violence affects children, including when children see or hear violence. Children need extra help and support to cope with what has happened in their lives. The Kids Feeling Safe programme can help children understand and deal with violence and the effects it has on them and their family/whanau.

### Issues addressed

- Keeping yourself safe
- How violence affects you
- Solving problems and managing thoughts and feelings
- Building confidence

### Length of Programme

6 – 10 one-hour sessions (court approved).

### Cost

This programme is free of charge to those with a protection order.

### When

Please contact our office for an appointment.

