



Children with Voices: A Child Witness to Violence Program

Available Groups

To learn more call 617-284-5130 and the extensions below or visit www.gcinc.org

Mothers in Action

A supportive 12 week-session parenting group for mothers who have been affected by domestic violence with topics such as:

- ▶ Self-care and Stress Management
- ▶ Learning about DV and its effects on children
- ▶ Positive Discipline and Limit setting
- ▶ Self-esteem for mothers and their children
- ▶ Safety planning

Call Gail Council 617-755-3124 or Charlene Luma at 617-284-5130 x 5124

Kids in Action (for children ages 6-12 year old)

A therapeutic 12 week-session group including topics such as:

- ▶ Identifying feelings
- ▶ Defining abuse and learning non-violent conflict resolution
- ▶ Stress Management and Relaxation
- ▶ Safety planning

Call Gail Council 617-755-3124 or Charlene Luma at 617-284-5130 x 5124

Early Childhood Group (for 4-6 year old and their moms)

A new exciting group developed by Early Childhood Specialists with discussion and activities such as:

- ▶ Learning what feelings are and how to identify them in our body and in other people
- ▶ Learning about body boundaries and safety
- ▶ Manners
- ▶ Problem solving/ Pro-social behavior
- ▶ Stress management (Fun child-based relaxation techniques and innovative body work)

Call Ilana Amrani-Cohen at 617-284-5141 or Gail Council 617-755-3124

Self-Defense and Stress Management Group for Teens

In collaboration with "Impact"

- ▶ "Recognize and assess uncomfortable situations"
- ▶ "Respond appropriately when challenged and intimidated"
- ▶ Learn Self Defense skills and when to use them

Call Gail Council 617-755-3124 or Amrani-Cohen 617-284-5141

Self Defense and Stress Management Group for Moms

In collaboration with the Cambridge Police Department

- ▶ "Recognize and assess uncomfortable situations"
- ▶ "Respond appropriately when challenged and intimidated"
- ▶ Learn Self Defense skills and when to use them
- ▶ Learn relaxation techniques
- ▶ Expand on stress management skills

Call Gail Council 617-755-3124 or Amrani-Cohen 617-284-5141

