

In an emergency

If you or your children are in immediate danger call 999 and ask for the Police.



we can help just call

 **03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

or email us on
children@myharbour.org.uk
or text 'Harbour', with your message to: 60777
www.myharbour.org.uk



are you
Worried
your children have been
affected by what they
have witnessed at home?

This leaflet is available in other languages and
formats, call 03000 20 25 25 to request this.

registered charity number: 1086897

PL13

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Harbour can help your children to deal with the affects of witnessing or experiencing abuse in the home through individual or group support.

We understand that many children and young people blame themselves for what has happened and this can lead to emotional or behavioural problems.

We have specialist staff who work with children and young people in a fun and engaging way to give them the support they need. We use activities such as play, art and drama as well as talking through issues. The support is designed around the needs and interests of the children and young people.

We can also work with parents, either alone or together with the child or young person.

What other services do we provide?

We also support adults who have experienced abuse in the home either in the community or in one of our refuges. We can also offer a service to those who carry out the abuse to enable them to understand and change their behaviour.



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