

HERE TO HELP



YWCA Toronto's *Here to Help* is a **FREE** 12-week expressive arts program that begins the healing journey of children (4-18 years old) and their mothers/ gender diverse parents who have experienced domestic violence.

TUESDAYS FROM 5:30-8:00P.M. | SCARBOROUGH

What does the *Here to Help* program offer?

- Three sessions per year (Spring: April to June, fall: September to January, Winter: January to March)
- Art activities, mindfulness, games and stories to support enhancing and building strengths and resources to heal from domestic violence
- An opportunity for children and their mothers/ gender diverse parents to learn they are not alone, and they are not responsible for the domestic violence they were exposed to
- Support in learning ways to handle feelings
- A safe place for children and their mothers/ gender diverse parents to explore their feelings and share their thoughts
- Child care is provided (for children under 4 years old)
- Hot meals are supplied each week during the session
- Transportation support is available
- Interpreters are available

PLEASE NOTE: Families must be pre-registered and complete an intake before the program begins.

For more information or to register, please contact
Maria Palma, Program Coordinator at **416.266.1232 x220**
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COMMUNITY ACTION.



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