
Supportive Mothering Group is run with facilitators from Women's Services and the Children's Aid Society

Eligibility is determined during a required interview.

We accept referrals from individuals and from other organizations.

There is no fee for this program.



For more information about the *Supportive Mothering* Program contact:

Program Coordinator
Sarah Smith

Phone: 519-426-8048 ext. 217 or
1-800-265-8076
Fax: 519-426-8654

Haldimand Norfolk Women's Services
Simcoe, ON
N3Y 4T2

Haldimand Norfolk Children's Aid Society
70 Town Centre Dr.
Townsend, ON
N0A 1S0

Supportive Mothering Group

A program to help mothers improve their relationship with their children.



Some Topics covered in the 16 week program:

- Child Centered Mothering
- Listening To Children
- How Children Are Different From Adults
- Recognizing Hurtful, Abusive And Neglectful Behaviours
- How Am I Responding To My Children's Needs?
- What Children Learn From Abuse
- Rebuilding Trust And Healing
- What About Discipline?

Are you concerned that your relationship with your child is not as close as you hoped it would be?

Do you sometimes wonder how well you know your child?

Are you involved with Child Protection Services?

Are you in or have been in an abusive relationship?

Have you struggled with alcohol and/or substance use?

If any or all of the above apply to you *Supportive Mothering* may work for your family.

The *Supportive Mothering* Group runs once a week for 16 weeks. We offer.....

A unique opportunity for women to connect as mothers

A combination of group discussion, individual sessions and exercises

Through 16 sessions mothers will.....

- Understand how different mothering strategies and choices affect children
- Increase their awareness of controlling, abusive and neglectful attitudes and behaviours
- Be provided the strategies to strengthen the mother-child relationship