



Information for **Children**

"Acorns supports children, young people, adults and families affected by domestic violence and sexual abuse"

Have you or someone in your family been hurt?



Sad!



Angry!



Scared!

At Acorns it's okay to have feelings!

What we offer

Children and young people tell us that domestic violence and abuse can be hard to talk about. Sometimes it is difficult to say things to family or friends. At Acorns a counsellor will work with you to find the best way to help you and make sense of what's happening in your life and to share your worries and muddles. You can choose to talk about things or to draw, paint, use sand, clay, toys or games. All of these can help to let others know how you are feeling and how you would like things to change.

Someone in your st by domestic



Fear!



Hurt!



Confused!

Is it confidential?

What you share with a counsellor is private unless you tell us that you or someone else is being hurt or is in danger. We will say more about this on your first visit to Acorns.

Can I complain?

Yes! All complaints are listened to and taken seriously. We welcome all comments and concerns. Your views will help Acorns to offer services that children and young people who have lived with domestic violence or abuse really need.



We acknowledge difference
and diversity and welcome people
from BME, cultural, religious and LGBT communities
and regardless of age, disability or status.

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