"Now I feel more confident and free."

"Loved the group, devastated it's over, TLC helped me so much, definitely recommend giving it a go."

"Definitely do it, be as open as you can be (as long as you feel comfortable)."

Empower Kids Project

CONTACT DETAILS

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Because childhood lasts a lifetime
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CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Cork

CUAN
An Ghníomhaireacht um Fhoréigean Baile, Gnéasach agus Inscnebhunaithe
The Domestic, Sexual and Gender-Based Violence Agency

TLC KIDZ PROJECT

"Just go for it, it's really good, give it a chance."

TLC Kids group is a safe place where you can talk about your experiences of fighting and hurting in your family.

"My favourite part of TLC was talking about my experiences with other people in the group, they had the same emotions as me, I knew then I wasn't the only person feeling like this".

Created by Empower Kids Cork Hub

1. YOU WILL MAKE NEW FRIENDS

"I made some great friends in my group."

"I didn't think I would have so much fun."

2. I LEARNED WHAT TO DO IF THERE WAS FIGHTING AND HURTING AT HOME

"I now understand more about what happened."

"I learned about what to do if fighting is happening."

"I learned new ways of coping."

"I learned a lot."

3. YOU CAN TRUST IN THE GROUP

"You can really trust the group and the facilitators."

"I could really relate to others."

4. TALK AS MUCH OR AS LITTLE AS YOU LIKE

"It's okay to talk about your experiences, you're not going to be made fun of."

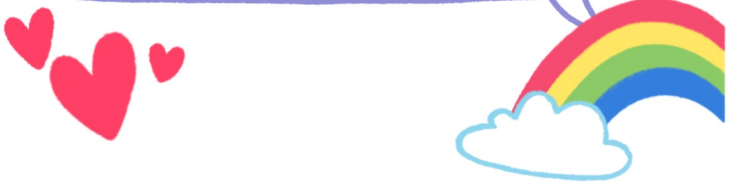
"Definitely do it, be as open as you can (as long as you feel comfortable)."

"Don't be afraid to speak out."

5. BE YOURSELF

"Be yourself, you can trust the group."

"It is a safe space and doesn't feel like therapy."



6. YOU ARE NOT THE ONLY ONE & YOU ARE NOT ALONE

"Just knowing that I am not alone really helped me."

"I realised I am not the only person who went through all of this."

7. ALL FEELINGS ARE OK

"I learned how to get my feelings and thoughts out of my head."

"Talk about how you are feeling, all feelings are okay."

NERVOUS

"It's OK to be nervous at the start."

"At first I was nervous but quickly realised others were similar to me."

SCARED

"When I started I was kind of scared but it was not scary at all."

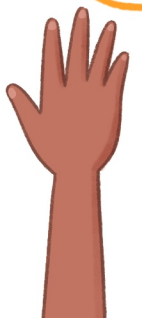
"Don't be scared to make friends with others in your group. I made some great friends in my group."

WORRIED

"Dont be worried about being scared to talk about things."

8. BE OPEN MINDED & DON'T GIVE UP

"If you are a bit iffy about it give it some time, you will love it."



"Just go for it, it's really good, give it a chance."

"Don't be afraid to speak out."