



10 week psycho-educational programme, one session of two hours a week, term time only

These free programmes are delivered to and designed for adults (aged 18 years and upwards) who have experienced Adverse Childhood Experiences (ACEs); these are stressful or traumatic experiences in childhood, including abuse, neglect, witnessing domestic abuse, growing up with substance misuse, parental absence, mental illness or crime within the home.

Living with ACEs can result in individuals developing coping and lifestyle strategies based on poor attachments and the effects of trauma. This often results in difficult relationships and difficulties within the family, as well as physical and mental health issues.

These groups aim to support people in recognising these patterns of behaviour and the possible source, as well as looking at building personal resilience and alternative coping strategies. It is an educational programme and not therapy, therefore participants will not be asked to share their personal experiences within the group.

For further information regarding these groups please contact

Linda Sirodcar, ACEs Project Manager

[linda.sirodcar@safeinsussex.org.uk](mailto:linda.sirodcar@safeinsussex.org.uk) or by calling on 0330 333 7416/07935 061559

Please note my normal hours of work are Tuesday and Wednesday 9.00 4.30pm term time only.

Safe in Sussex March 2019