



## How to join

- One member of the family must live in Tower Hamlets
- The family needs to be linked in some way with Children's Social Care
- Professionals making the referral need to have consent of the family and a referral form completed and sent to: [eafc.referrals@towerhamlets.gov.uk](mailto:eafc.referrals@towerhamlets.gov.uk)

## What next?

- Dads will be invited in to find out more about Positive Change and decide whether it's for them.
- Mums and children will be invited in or visited at home for an initial meeting to find out if the service is for them.
- The Positive Change Service only works with those who have some willingness to attend.



## Contacts

**The Positive Change Service**  
**Eva Armsby Family Centre**  
**6 Glamis Road**  
**Shadwell**  
**E1W 3EG**

**Tel: 020 7364 3015**

**Email: [eafc.referrals@towerhamlets.gov.uk](mailto:eafc.referrals@towerhamlets.gov.uk)**

We will be happy to answer any query from practitioners and families directly.



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# Positive Change Service

Increasing safety for everyone in the family

- For children who have lived with family conflict
- For parents who have experienced abuse
- For parents who've been abusive

The Positive Change Service will help get you and your family back on track.





## Children's programme

### Positive Change Service Children's Programme

Children find a multitude of ways to cope with domestic abuse, often in isolation due to shame and embarrassment, and often in ways that leave them struggling later on in life.

We run groups to help them to begin the healing process by:

- Providing children with a safe place to share and talk about their home experiences
- Allowing them a chance to share with other children and discover that they are not alone
- Helping them explore ways of expressing their feelings safely
- Enabling them to develop healthy coping strategies for the future
- Supporting them to build healthy and healing relationships with their peers

Children aged 7-11 can attend the programme even if their mother does not (Note: Children respond best when mothers participate)

Groups are run weekly over 12 weeks. We will make the necessary arrangements when school is affected.



## Mums' programme

### Positive Change Service Mums' Programme

It can be hugely difficult as a mother to deal with conflict with your current or past partner at the same time as trying to do your best for your children (let alone having time for yourself).

We can support you and your relationship with your children by:

- Giving you an opportunity to meet and share with other Mums who have had similar experiences
- Exploring the impact of the conflict on you and your children
- Strengthening the bond between you and your child
- Increasing your support network
- Decreasing your sense of isolation

This is a weekly, two-hour programme running for 12 weeks. Mothers can attend the programme even if their child does not.



## Dads' programme

### Positive Change Service Dads' Programme

It's never easy to ask for help on personal matters and it's especially hard when the issue is family conflict.

We can support you to make the changes you need to be the best dad and partner you can be - to feel fully in control of yourself and to be able to manage conflict with your partner and children without hurting or scaring them.

We want to help you to become the kind of father they they will be proud of.

The Dads' programme will support you to:

- Develop respect for yourself
- Become a better parent
- Recognise abusive behaviours and the warning signs
- Develop self-control to end behaviours you don't feel comfortable about
- Practice ways to choose alternatives to violence and abuse
- Recognise the effects of your violence on family members
- Develop ways to show your love and respect for (ex) partners and children
- Understand how you developed the need to control others

We offer take-home exercises and teach skills to help you transform your relationships for the better.

Dads' groups run weekly for 22 weeks.

