



Choices is a Domestic Abuse Service operating in Kent. We run a number of programmes suitable for children, adolescents and adults.

We have recently launched PATHways, a programme specifically for adolescents who have been exposed to long-term, higher intensity abuse. Adolescence represents the point where a child's exposure to domestic violence begins to impact beyond the boundaries of self and family, with increased probability of difficulty forming relationships with peers, development of an avoidant attachment style and a lack of trust possibly resulting in violence and victimisation in their adult relationships.

The programme is both educational and therapeutic. By incorporating play therapy, relational therapy and educational tools the programme hopes those referred to achieve the following outcomes:

- Feel better about self and improving self -image/esteem
- Feel motivated to grow and learn
- Feel safe in their environment
- Feel connected to a community, organisation or sector
- Manage existing relationships and develop sources of support
- Able to connect and build positive relationships and understanding the difference between positive and negative relationships.
- Gain confidence to manage conflict and manage conflict in daily life
- Able to make choices independently and understand that they do have a choice.
- take responsibility for behaviour and to understand the consequences of choices and actions.

E: info@choicesdaservice.org.uk www.choicesdaservice.org.uk Helpline for domestic abuse: 0800 917 9948
Head Office: 01622 230 726

Registered Charity: 1125773 Company Reg No: 6640143
Head Office: 39 - 48 Marsham Street, Maidstone, Kent ME14 1HH



Educational elements of the programme will focus on adolescents or young adults who might be at risk of:

- teenage pregnancy
- gang related activity
- bordering on the criminal justice system
- disengaging from communities and becoming socially isolated.

This programme will benefit adolescents or young adults (up to age 24) who have experienced violence/victimisation and are displaying signs of disengaging with their communities and who are on the brink of the Criminal Justice System.

The programme will run all year round with weekly 1:1 session taking place both in schools and at the local Youth Hub which means that structure and support can continue into the school holidays and last up to a period of 12 – 16 weeks depending on the needs of the individual.



We Listen | We Support | We Care
Providing Specialist Domestic Abuse Services

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