



## Children Ahead



## Helping children and young people recover from trauma through intensive support

Trauma can affect many areas of a child or young person's physical and emotional development – they may feel insecure and have difficulty managing their emotions, learning, and trusting others.

Children Ahead provides intensive, therapeutic support for children and young people living in Victoria aged 4-18 years, to assist with their recovery from significant trauma or violence.

Through research, evidence and experience we know that for children and young people to recover from trauma they need a safe, predictable and stable environment, the ability to express and communicate their feelings, positive relationships, and connection to family and community.

### Support areas

**Family wellbeing** – helping parents and carers understand their child's behaviour from a trauma perspective and learn ways to respond effectively.

**Connecting children** – helping children and young people build friendships and trust, as well as develop social, communication and conflict resolution skills. By accessing recreational and skill-based activities, they can build social skills and self-confidence, and develop a sense of belonging.

**Health** – helping families find ways to maintain and improve their child's health as good physical health is important for growth and development.

**Individual wellbeing and life skills** – using age-appropriate therapeutic tools and activities to help each child and young person speak openly and safely about their experiences and feelings so they learn skills to build self-esteem, resilience and how to manage strong emotions.

**Education** – having positive learning opportunities at school helps prepare children and young people for the future. We work with schools, families and children to overcome education obstacles caused by trauma.

### Referring a child to Children Ahead

Referrals for the Children Ahead program can be made via the child or young person's school or early childhood education service. Schools and Early Years services are welcome to contact us should they want to know more about the Children Ahead program.



Our qualified staff work directly with children and young people, alongside their families and communities, to support their emotional, educational and social needs, as well as their psychological wellbeing and health concerns.

To learn more about Children Ahead go to [alannahandmadeline.org.au/childrenahead](http://alannahandmadeline.org.au/childrenahead) or call 03 9697 0666

