



Patricia
Giles
CENTRE



Circle of Security

Patricia Giles Centre is committed to ending family and domestic violence in our community.

For over 30 years we have been providing a range of services for women and children experiencing and escaping family violence and abuse. We help them find safety, security and stability. We support and empower them to get mentally and physically well so they can get their lives back on track. And we educate and collaborate – always working towards a future free from family and domestic violence.

Circle of Security

Our **Circle of Security** program concentrates on repairing the bond between parents and children who have experienced family and domestic violence, enabling the process of trauma recovery.

The issue

Children who have experienced family violence have a high risk of depression, anxiety, post-traumatic shock and development of behavioural issues.

The relationship between mother and child can be damaged by family and domestic violence. Many children have a lack of understanding of the situation that is forced upon them and tend to withdraw, emotionally distancing themselves from their primary care giver.

Simply put children need a lot of support and counselling to recover from the trauma violence causes.

Due to the high number of children in our crisis accommodation there is an increasingly long waiting list before counselling services are available.

Our solution

We provide an eight week program for small groups of women to teach ways to re-build healthy interaction with their children and deal with the aftermath of experiencing violence.

Run by trained professionals, the **Circle of Security** program is offered to women and children who have newly accessed our services and are on the waiting list for individual counselling. By encouraging women to start working on improving their relationships with their children, both start the recovery process from the trauma caused by family violence.



Anna and Elaine's story

Anna escaped from a violent relationship with her nine year old daughter Elaine (not their real names). After they fled their home, the ex-partner continued to intimidate the family and tried to access their home several times.

Increasingly concerned about how the situation had affected Elaine, Anna requested counselling. Elaine was extremely fearful of the perpetrator returning and was unable to sleep in her own bed. She had become withdrawn and anxious and was becoming more distant from Anna. Elaine believed that Anna had not kept her safe.

Anna attended the eight week **Circle of Security** program, where she connected with other women undergoing similar family issues as a result of family violence. She was able to understand how to manage her own experience whilst continuing to function as Elaine's parent, maintaining boundaries and providing a solid safe space for them both.

Elaine attending counselling, returned to school and started to slowly return her life to a normalised routine. She began to feel less fearful and started to become more outgoing.

You can help

The need for this program is constantly growing and we are asking for your support.

The cost of us providing the **Circle of Security** Program for one family is \$385.

We have a fundraising target of \$25,000 for our **Circle of Security** Program. The more we raise, the more women and children we can help. We hope to help 100 families in the coming year.

Your donation to Patricia Giles Centre's **Circle of Security** Program has an immediate and direct affect for women and children affected by violence. By providing funds used to cover the costs of running this program you are helping families to heal after the trauma of living in violence.

Our services

Patricia Giles Centre offers a suite of services to assist women and children affected by family and domestic violence including:

- safe crisis accommodation
- housing support
- women's and children's counselling
- group programs
- advocacy, resources and support

There are a range of programs you can donate to in order to make real difference in the lives of woman and children affected by family and domestic violence. Talk to us about:

- Safe at Home
- Empowerment Program
- Circle of Security
- New Start Kits

Contact us

Please contact us to see how you can help.

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