

## One-to-One Support

We support children and young people aged 5-18 years old who have witnessed or are experiencing domestic abuse.

We can support you to make safe choices in your relationships;  
Provide emotional support and guidance;  
Help complete safety plans;  
Empower you to enable your voice to be heard.

**We Listen.**  
**We Care.**

**1-2-1**

Topics we can support you with include:

**Support Networks**

**Being Safe**

**Drugs & Alcohol Use**

**Emotional Wellbeing**

**Healthy Relationships**

**Family & Friends**

**Understanding Domestic Abuse**

These sessions are for:

- ✓ Children and Young people aged 5-18
- ✓ Living in Trafford
- ✓ Lived or living through domestic abuse
- ✓ Experiencing teenage relationship abuse