

Did you know?

commitment to  
excellence

## children exposed to violence can:

- be more anxious than other children
- show more aggression than others
- be traumatized by what they see
- have difficulty in social relationships
- have trouble paying attention
- have poorer health than children not exposed to family violence

### THERE IS HOPE!

The Kids' Club and Moms' Empowerment program uses an evidence-based model developed in 1990 by Dr. Sandra Graham-Bermann of the University of Michigan. It has been implemented and researched for over 25 years.

The program has proven to be effective in improving coping skills, reducing behavior problems for children, and providing empowerment and support for moms.

Our child welfare, counseling, and shelter programs are accredited by CARF International, assuring the more than 2,500 businesses, individuals, and organizations who contributed to our work last year of our commitment to clinical, administrative, and fiscal excellence.



#### Main Office

3785 Veterans Drive  
Traverse City, MI 49684  
231 946 8975  
231 946 0451 (fax)

#### Pete's Place Youth Shelter

2943 N. Keystone Rd.  
Traverse City, MI 49686  
231 922 4800  
800 442 7315 (toll free, 24/7)



#### Harbor Springs

3434 M-119, Suite F  
Harbor Springs, MI 49740  
231 347 4463  
231 347 8823 (fax)

#### Gaylord Old Town Psychological

128 N. Court Avenue  
Gaylord, MI 49735  
989 448 8344

## FIND US

online: [cfsnwmi.org](http://cfsnwmi.org)  
Facebook: @cfsnwmi  
Instagram: #cfsnwmi  
email: [cfs@cfs3L.org](mailto:cfs@cfs3L.org)

CHECK OUT  
OUR NEW  
WEBSITE!

# Kids Club & Mom's Empowerment SUPPORT GROUPS



# CFS: Providing support after abuse.

## Kids' Club

You and your children, ages 5-12, are invited to join our FREE Kids' Club and Moms' Empowerment Groups for women and children who have been exposed to domestic violence or high conflict.

The FREE group meets for one hour each week for 10 weeks. Snacks, activities, and crafts are provided, **as well as free childcare for children under 5.**

Kids and moms meet separately on the same evening. Kids groups are divided by age, to ensure appropriateness. Participation during the group is voluntary.

Please call for information or to register.

231-946-8975

Kids' Club has been designed as a friendly and fun group that supports children who have been exposed to domestic violence. These age-appropriate groups help children:

- talk about things they like and don't like
- share ideas about the best ways to solve problems
- think together about feelings that kids have
- cope better with their experiences
- share positive ideas about families and the future
- build self-esteem and social skills
- reduce self-blame and learn coping skills



## Is this right for me?

- Have you experienced physical, emotional, or verbal abuse with a partner?
- Do you have a child between the ages of 5 and 12 who may have witnessed or experienced abuse?
- Are you interested in free support groups for you and your children?

To learn more call CFS at 231.946.8975 or visit <https://www.cfsnwm.org/moms-empowerment-group>

## Moms' Empowerment

Moms meet separately on the same evening to share their parenting experiences and concerns, and receive support from their peers and professionals. This group is for mothers who have experienced abuse with a partner, and:

- provides confidential support
- empowers women as mothers
- identifies children's needs
- shares parenting strategies

## mission

Our services support the safety and well-being of children, youth, adults, and families in times of crisis, challenge, and life transition.



“

I know all of my children feel a sense of security with me that I couldn't provide before. Moms' Empowerment was a “level up” experience for me!

- Sarah, past participant.

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