

What is the Dolphin Program?

The Dolphin Program works with children/ adolescents and their mothers providing counselling after family violence, therapeutic support and education for parents.

The Dolphin Program recognises that family violence can impact on children's behaviour and the relationship between a mother and her child.

The Dolphin Program recognises that a mother and her child have had a shared experience of family violence, therefore valuing the importance of working together in their therapeutic journey.

The Dolphin Program also provides parenting after violence support and education.

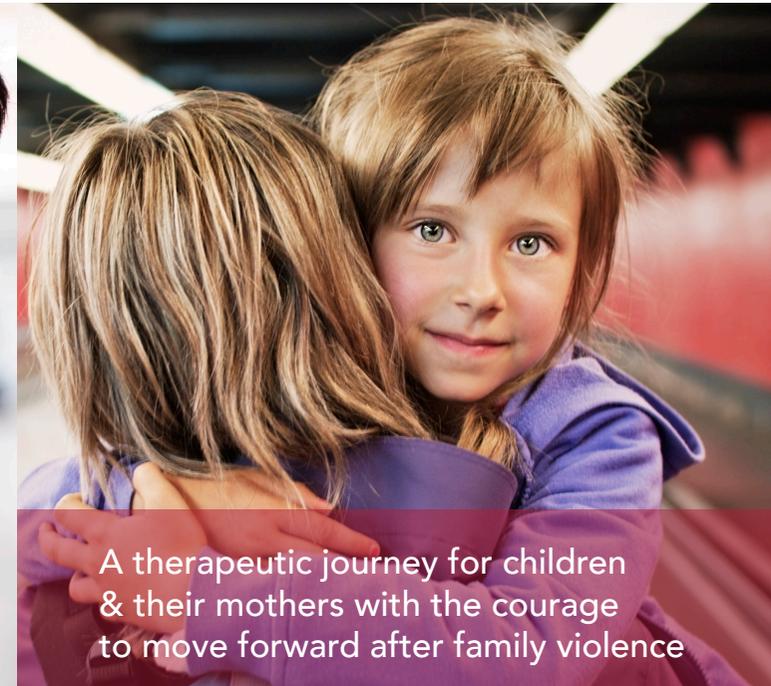
We do this in the following way:

- Assist in understanding the effects of your child's exposure to family violence
- Develop strategies in promoting positive behaviours in your child
- Assist in regaining confidence in your parenting

How to Refer

Referrals to the Dolphin Program can be made between the hours of 9am to 5pm, Monday to Friday.

Dolphin Program



A therapeutic journey for children & their mothers with the courage to move forward after family violence

Common concerns highlighted by children in the Dolphin Program

- Even though my dad gets angry I still like seeing him
- I like to look after my mum
- I want my mum and dad back together
- I don't know why I get so angry and hurt people
- What if my mum meets someone else and they fight?
- Mum's upset and I worry
- I don't understand why mum left
- Why couldn't they just stop fighting?
- I don't want to be by myself at night
- I feel sick a lot and don't want to go to school



What you can expect from the Dolphin Program?

- A free, confidential and individualised service for children between the ages of 0 to 18 years.
- A thorough assessment of how the violence has affected you and your children, and ongoing assessment of safety.
- We work with you and your child in a variety of ways. These include playing, drawing, music, art, sand play, worksheets and therapeutic games.
- We work out of a number of locations for your convenience.

Criteria for the Dolphin Program

- For children/adolescents between the ages of 0-18 years.
- For mothers and children who have left a family violence situation.
- Live in the Hume or Moreland area.
- Be able to attend sessions with your child.
- Our office hours are between 9am to 5pm, Monday to Friday.
- Have the courage to embark on a therapeutic journey with your child.

What is Family Violence?

Family Violence is about power & control. Family Violence is where one person (usually a male) uses violence, threatening or controlling behaviour against another family member to assert their power and gain control. It is usually women & children who are subject to this abuse.

Family Violence can be in the form of physical, social, sexual, financial, spiritual or emotional abuse. Family Violence is a violation on the mother-child relationship and can cause developmental trauma in children who either witness or experience Family Violence.

Common concerns highlighted by mothers in the Dolphin Program:

- My child does not listen to me and won't follow rules
- My child's behaviour reminds me of their father
- My child often swears and hits me
- My child still does not sleep in their own bed
- My ex partner still controls me through the children
- I can't seem to focus on the children
- I get angry at the children and feel stressed
- I worry that my child will grow up the same as him
- My baby/toddler becomes distressed when I leave them