

# COMETS AND ROCKETS

Supporting Children and Young People aged 3 to 15 who have experienced and/or witnessed Domestic Abuse.

## Group / 1to 1 Support

Designed to support, encourage and empower Children and Young People. Sessions cover *the following themes:*

*Feelings, What is Domestic Abuse, Safety and Support Networks, Changes and Self Esteem/Resilience.*

## Play Therapy

Play Therapy offers children a safe, supportive environment to process trauma and develop coping strategies for the future. Our therapists are accredited members of the British Association of Play Therapists (BAPT). We provide therapy for children and young people aged 3 to 16, where appropriate, with a minimum of 12 sessions and regular parent/carer review meetings.

## Heart to Heart

Heart-to-Heart is an engaging and effective early help attachment program designed for parents, carers, and their children and/or young people to participate in together.

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### Contact us:

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Phone: 01685 388 444

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**Registered Charity Number: 1062150**

The logo for SMT (Supporting Safe and Confident Communities) consists of the letters 'SMT' in a bold, yellow, sans-serif font. The letters are slightly shadowed, giving them a 3D appearance as if they are floating above a white surface.

*Cefnogi Cymunedau Diog/ a Hyderus  
Supporting Safe and Confident Communities*