

Restoring Childhood

Information for Kids

**BERRY
STREET
TAKE TWO**

Healing Childhood Trauma

Restoring Childhood is a service run by the Berry Street Take Two service.

We work with kids (and the adults who look after them) who have experienced family violence. Lots of the kids we see have had really hard times and have been hurt.

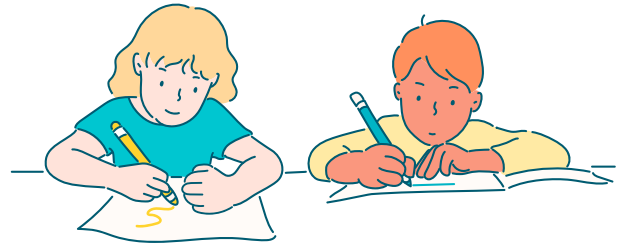
A 'hurt' can be:

- to your body (like bruises or cuts)
- to your mind and heart (something that makes you feel worried, scared, sad and/or angry).

Our bodies, minds and hearts can be hurt when:

- you or someone you care for are hurt by another person
- someone uses a loud voice and yells at you
- you are asked to keep a secret and you don't feel good about it
- grown-ups are fighting
- someone puts down your ideas, culture, gender or sexuality.

Our aim is to help you start to heal your hurts and feel excited about the future.



How can we help you?

Playing and talking about your hurts with people you trust and feel safe with can really help.

People you trust and feel safe with might include a parent, another person in your family or a friend.

There are also people you may trust because of the work they do, such as a teacher, counsellor or another helper. At Restoring Childhood the helpers are called clinicians. Some kids call us a 'Feelings Person' and others call us a 'TheraPEST'!

When you have a session you will:

- probably be with your caregiver (maybe your mum)
- have your ideas and feelings listened to and believed
- be helped to learn things about yourself and other people
- learn ways to talk about and cope with big feelings, and
- be helped to play and talk about some of your 'hurts' (but only if, and when, you're ready to).

We're looking forward to meeting you!

This information has been reviewed by a group of children & been given their stamp of approval



