



Our Services

Acorns supports children, young people and families affected by domestic violence and abuse

Our Services

Counselling and Play therapy

We offer counselling and play therapy sessions to children and young people aged 4 - 18 who have been affected by their experiences of domestic abuse.

During the sessions we provide, children and young people express themselves through words and/or through the medium of play using toys, sand, art, clay and music. Within the safety of a trusting relationship with their counsellor, non-directive techniques are used to support and empower children and young people to process their experiences of domestic abuse and help them to facilitate their own healing.

We offer around 8 - 10 50 minute confidential counselling/play therapy sessions to each child/young person. The support of the child or young person's main carer is highly valued and regular reviews with them take place.

All of our counsellors and play therapists are qualified and DBS-checked and adhere to professional standards for ethics, clinical supervision and ongoing training.

Children & Young People's Outreach

We offer one to one support to children and young people both in schools and in community settings.

We draw on play and youth work approaches to create a safe space and a responsive, flexible approach to working with children and young people around their experiences. We can also work with young people who may benefit from information and support about making safe and healthy relationship choices.

Sometimes young people may have their own direct experiences of relationship abuse with a partner.

Our outreach team can provide both practical and emotional support, including the following:

- An allocated support worker who will make a plan with the young person based on their needs
- Opportunities to explore experiences through one-to-one support
- Advocacy support, such as support at meetings, contact with the police, court cases
- Information and advice regarding young people's rights, the law and other services

Acorns Advice and Support Worker

We offer one to one support for parents and carers.

Emotional Support

Acorns Advice and Support worker can provide a safe space for you to share your thoughts and experiences and to help you explore how domestic abuse has impacted on you and your family. Support is provided on a one-to-one basis and sessions can be held either at Acorns or in the local community.

Practical Support

We can also provide practical support in many areas including:

- Housing Advice including help with applications and supporting letters
- Debt advice
- Support to attend court or legal appointments including arranging special measures if you have been called to give evidence
- Benefits advice including applications and appeals



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