



Our services reach out to children and young people across Scotland. As well as specialised local services, we provide national services, including ParentLine Scotland (0808 800 2222) – our free, confidential helpline which helps children by supporting their parents.

ChildLine Scotland (0800 1111) – the free 24-hour service for any child or young person.*

Child Protection training – for those who work with or are involved with children.

Family Group Conferencing – working with the extended family where a decision needs to be made about the care or welfare of a child.

*CHILDREN 1ST runs ChildLine Scotland on behalf of the NSPCC

Contact Us

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All images are posed by models

This leaflet is available
in large print

Keeping children safe is everyone's responsibility. Join us in helping children and young people who need us.

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PUTTING SCOTLAND'S VULNERABLE CHILDREN 1ST

Registered Scottish Charity No. SC 016092 CHILDREN 1ST is the working name of the Royal Scottish Society for Prevention of Cruelty to Children



**Moray
Stronger Safer
Families for
women**



Stronger Safer Families for women aims to help mothers who have experienced domestic abuse or have unresolved issues from abuse they experienced in childhood.

The service is available to any woman, with children or expecting a child, who lives in the Moray area. Our service is voluntary.



For over 125 years CHILDREN 1ST has been working to give every child in Scotland a safe and secure childhood.

Today CHILDREN 1ST supports families under stress, protects children and young people from harm and neglect, helps them to recover from abuse and promotes children's rights and interests.

We aim:

- To help any woman with child caring responsibilities, including expectant mothers, to recover from unresolved issues from domestic, emotional, physical or sexual abuse.
- To help mothers develop both their capacity and confidence to care for and protect their children.

Stronger Safer Families is part of a network of support for children and families in Moray. It is a confidential service for women but if there are any concerns about the safety of a child we must pass this on to the relevant authority.

Our therapeutic work is carried out in a respectful and supportive environment to raise awareness, improve self esteem and encourage growth and development. Our work is tailored to meet an individual's needs. We offer various approaches that include counselling support, art therapy and when appropriate group work.

Women can arrange to talk to a project worker to discuss their needs and to explore how Stronger Safer Families might assist. We accept self referrals and the project worker can provide help to complete the referral form.

Women come on a voluntary basis. Referrals are also accepted from any agency.

Stronger Safer Families is jointly funded by the Scottish Government's Violence Against Women Fund and Moray Council.

A referral form is available from the address overleaf. Please phone, write or email.

“ I have been able to stand up for myself a lot better and am not afraid to say no. A mother ”

“ I feel that without the support of Stronger Safer Families I would be at a loss about where to go and what to do. A mother ”

