

## What the mothers and their children said:

*I liked this program more than others because here I was with my family. (girl, Spain)*

*When we did something, no one blamed us or showed that we didn't know, we just had fun. (mother, Bulgaria)*

*Now we have more trust in each other and the communication between us is better. (teenager, Spain)*

*I thought nobody felt our relationship mattered. Thank you for helping me see that it does. (mother, UK)*

*Thank you for Our Time. It is ace! (boy, 8 years, UK)*

*I didn't realise I wasn't playing or talking to my daughter until we started the Our Time programme. I feel like it has given us a new way of being together. Now we can play and talk in new ways. (mother, UK)*

You want to learn more about the programme?  
Visit our website or contact us!

[fseps.eu](http://fseps.eu)

[www.facebook.com/FSEPS](https://www.facebook.com/FSEPS)

[enquiries@staffordshirewomensaid.org](mailto:enquiries@staffordshirewomensaid.org)

## Partners:

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[bcu.ac.uk](http://bcu.ac.uk)



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[dieberater.com](http://dieberater.com)



LAMORO (IT)  
[lamoro.it](http://lamoro.it)



CPIP (RO)  
[cpip.ro](http://cpip.ro)



Universidad Publica De Navarra (ES)  
[unavarra.es](http://unavarra.es)



Staffordshire Womes's Aid (UK)  
[staffordshirewomensaid.org](http://staffordshirewomensaid.org)



Association of Varna Organisations for Drug Prevention (BG)



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# FSEPS

Families: Social Exclusion and Places of Safety

## Our Time programme

- a new approach in supporting families in places of safety.



## Providing active support – creating a positive future

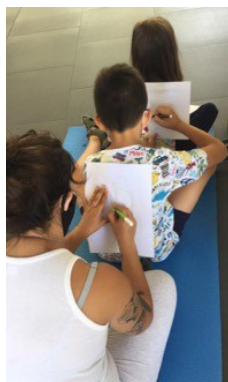
The “Families: Social Exclusion in Places of Safety” (FSEPS) project has created the Our Time programme – to support women and their children who are escaping domestic violence.

The aim of the programme is to:

- Give the family quality time together;
- Create happy moments they experience together;
- Give them back confidence and build their trust in each other;
- Help them in the integration into the community where they live.

## Meeting needs through flexibility

The Our Time programme provides professionals with a flexible tool that they can adapt specifically to the needs of the participating families.



- Great variety of activities;
- Considers the level of literacy;
- Adaptable to concrete needs of the families;
- Suitable for children of different ages;
- Guarantee a safe working environment for mothers and children.

## Programme structure

Trips, Cultural Activities Celebrations, Parties, Workshops

### Initial Support Meeting: Assessing and evaluating the needs of the family

Session 1: Our family and community

Session 2: Our listening and communication skills

Session 3: Our respect and appreciation

Session 4: Our avenues of support

### Mid-point Support Meeting: Assessing and evaluating the needs of the family

Session 5: Our networks and how we use them

Session 6: Our emotions and how we deal with them

Session 7: Our feelings and how we express them

Session 8: Our positive future

### Exit Support Meeting: Assessing and evaluating the needs of the family

## Our offer

The FSEPS project supports capacity building among staff to provide better support for families facing violence.

### Our Time train-the-trainer resources:

On our website you find all the material you need to design and organise a train-the-trainer workshop and get your staff ready to work with the Our Time programme.

### Our Time material for trainers:

- Detailed description of all sessions and activities;
- Planning documents for facilitators;
- Assessment documents to work with families.

We invite professionals working in the field of domestic violence to get to know our approach and learn about the programme!

[fseps.eu/online-learning](https://fseps.eu/online-learning)

