

Education, Awareness and Support Programmes

Insights Programme

A 12 week personal development recovery group for women who have experienced domestic abuse. Facilitated by expert psychotherapists in a confidential and safe setting, this programme will help the woman identify life-long patterns of abuse, set realistic goals and learn new techniques towards self-determined change.

Insights for Mothers

A 10 week programme to help mothers understand how their relationships have impacted both themselves and their children. Aided by highly experienced psychotherapists in a confidential atmosphere, mothers will learn to understand their children's challenging behaviours, and how to support and communicate effectively with them.

TLC Kidz

Clare Haven Services, in partnership with Barnardos, runs a 12 week psychoeducational programme for both children (aged 5-18) and mothers; both groups run concurrently. It is an early intervention approach for children and young people who have experienced domestic violence and abuse.

Prevention Programmes for Schools

We provide bespoke educational prevention programmes to meet the needs of post primary schools. These can be informal talks or structured programmes on Domestic Abuse and healthy relationships.

Awareness Presentations

We deliver awareness talks to voluntary and community groups, statutory agencies and professionals working in front-line services.

For Education, Awareness and Support Programmes please telephone 065-6842646 or email info@clarehaven.ie

Is Coir é Foréigean in Aghaidh Mná

Violence Against Women is a Crime

Przemoc Wobec Kobiet to Przestępstwo

Violenta Impotriva Femeilor este o Crima

A Violência contra a Mulher é Um Crime

La violence Contre Les Femmes est un crime

Ang Karahasan Patungo sa Kababaihan ay Isang Krimen

العنف ضد المرأة جريمة

For confidential support, please contact:

- **24 Hour Helpline: 065-6822435**
- **Email: clientcare@clarehaven.ie**
- Private message us on:
www.facebook.com/clarehavenservices



Clare Haven Services complies with the following:

- The Charities Governance Code
- Data Protection Laws
- The SORP Standard of Accounting
- Children First Requirements
- The Triple Lock Fundraising Protocol

Clare Haven Services CLG
Abbey Lodge, Limerick Road, Ennis, Co. Clare. V95 KR72
Reg No. 341514 / RCN: 20033538 | Charitable Status No: CHY 11859



**ARE YOU AFRAID OR UNHAPPY
IN YOUR HOME BECAUSE
SOMEBODY IS
ABUSING YOU?**

**YOU ARE NOT ALONE
SUPPORT IS AVAILABLE**



**Clare Haven Services
24hr CONFIDENTIAL
HELPLINE:**

065 - 6822435

www.clarehaven.ie

Clare Haven Services is a voluntary organisation committed to promoting the rights of women and children to live and grow in a peaceful non-violent home environment. We offer support to women and children subjected to domestic abuse or unhealthy relationships. We offer interventions and prevention in the community.

24-Hour Helpline

Clare Haven operates a 24 hour confidential helpline offering support, empathy and understanding, as well as information on options available to women experiencing domestic violence.

Telephone 065-6822435

For LGBTI+ women who are cautious about using our 24-hour helpline for that initial, tentative enquiry, we now have a dedicated number should they choose to use it.

For confidential LGBTI+ HELPLINE please phone / text / direct message 087-2143769

Wednesdays 9.30am – 12.30pm

Refuge

We provide 24-hour access to refuge accommodation for women and children who experience domestic abuse.

Women and children are able to access the refuge in the knowledge that their safety is our paramount concern. The refuge provides not only a safe environment, but also one of comfort and support, while giving each woman the dignity that she is entitled to.



Outreach Support

Clare Haven Services offers one-to-one support at our outreach clinics in:

- **Ennis**
- **Shannon**
- **Kilrush**
- **Killaloe**
- **Scarriff**
- **Ennistymon**

To make an appointment call 065-6822435

Court Accompaniment

We provide a confidential support service to women who are attending court due to Domestic Abuse for:

- Protection/Barring/Safety Orders
- Custody/Access
- Maintenance/Guardianship

Advocacy and Referrals

Clare Haven advocates across statutory and voluntary bodies for women and children who are living with or moving on from abusive relationships. We work in partnership at an interagency level to provide holistic support for our service users.

For appointment please telephone 065-6822435 or email clientcare@clarehaven.ie

Fundraising

Fundraising activities and donations contribute hugely to the running of our services for women and children. We are very grateful to everyone who has made a donation or helped out in any way to develop and improve our services. All money raised is used to improve the quality of life for women and children subjected to domestic abuse.



Children and Young People's Support Services

- Children & Young People's Service offers a childcare service for children 0-17 years that provides a safe space to explore and play while establishing warm and responsive relationships & connections
- Supporting the child or young person from within the Refuge and Outreach services around the experiences they disclose
- Supporting Mothers to recognise the impact that Domestic Abuse has had or is having on her child
- Supporting Mothers to speak to their child about the hurting and fighting that occurred in the home and how to talk to their child about separation or the changes that are occurring within their family
- Supporting Mothers to liaise with the child's school, early years' or school aged care service and to share with them the child's experiences of Domestic Abuse and how that may impact their time in schools/ services.
- Supporting Mothers to engage with Tusla social workers where there are child protection concerns.
- C&YP service also supports Mothers with childcare for court dates, support appointments, meetings with solicitors etc.
- Referrals to play therapy, adolescent psychotherapy & therapeutic horse riding as appropriate

For further information about any of our services please telephone 065-6842646