



SUPER NOVA

SUPPORTING CHILDREN AND PARENTS AFFECTED BY FAMILY CONFLICT AND CHANGE.

Super Nova provides individual and group support to children aged 3 to 18 and their parents.

The program seeks to break the cycle of abuse, and empower children to develop positive self esteem and the ability to express themselves in healthy ways.

Participants:

- Learn to identify and express emotion in healthy ways.
- Share their feelings in a safe, supportive environment.
- Explore strategies to cope with family conflict, change and abuse.
- Learn and practice communication skills and problem solving techniques.
- Develop an understanding they have the right to be safe.



If you need **help**, or know someone who does, call **250 763 1040**.

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Children who have experienced family conflict and change may display symptoms such as:

- Depression and/or anxiety.
- Hyperactivity.
- Night terrors and/or insomnia.
- Poor conflict resolution and anger management skills.
- Anger and aggression.
- Bed wetting.
- Loss of self-esteem and confidence.
- Withdrawal or clingy behaviours.
- Loss of appetite or over eating.

“My daughter had so much fun at children’s group. It really helped her to start expressing her feelings more openly. It improved our communication, and how she feels about herself.” - Parent

Super Nova:

- Meets weekly for multiple sessions.
- Includes age-targeted groupings.
- Is customized to the ages and needs of the participants.
- Incorporates arts, crafts, activities and games.
- Focuses on topics such as self-esteem, identifying feelings, communication, anger, abuse, safety planning and family change.

For more information on Super Nova email supernova@kelownawomensshelter.ca.