



NOVA VITA
Help • Hope • Heal

Domestic Violence Prevention Services

Children's Programs



Nova Vita provides trauma-informed counselling and support to children of all ages who have witnessed or experienced abuse in their home. We also provide information, counselling, and support to parents and caregivers. Services are available both in shelter and in the community.



For More Information

☎ **519-752-1005 x 221**

✉ **INFO@NOVAVITA.ORG**

CHILDREN'S PROGRAM IN SHELTER

- Indoor & outdoor play areas
- Early years programming
- School-aged programming & homework help
- Safety planning
- Crisis support & counselling
- Healthy meals & snacks
- Celebration of special occasions & cultural events
- Respite support for mom/caregiver
- Parenting support
- Information & resources
- Referrals to community supports
- Advocacy & system navigation

CHILD WITNESS PROGRAM

Our Child Witness Program is for mothers/caregivers who have experienced abuse in their relationship and their children who have been impacted by the violence. Mothers/caregivers are offered group counselling to heal from their experience and better understand how to support their children. Children and adolescents (age 5 to 16) meet in age-appropriate groups to discuss the impact of the abuse they witnessed against their mother/caregiver.

*Includes gender-diverse individuals

24 HOUR CRISIS & SUPPORT

☎ 519-752-HELP (4357)

💻 NOVAVITA.ORG/CHAT

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novavita.org | [@NovaVitaBrant](https://www.instagram.com/NovaVitaBrant)  

