

# Bright Beginnings

Birmingham & Solihull Women's Aid are excited to introduce **Bright Beginnings**, an Early Years Workshop Programme designed to enable children within Early Years settings to explore important topics around safety, equality and healthy relationships .

## During the sessions we focus on:

- ✦ Building positive friendships
- ✦ Equality, Diversity and Fairness
- ✦ How and who to ask for help
- ✦ What it means to feel safe
- ✦ Understanding our feelings

## What's included:

**Six Workshop Sessions delivered to children within your Early Years setting** During the programme children will engage in six enjoyable, age appropriate learning and activities.

**Specialist Domestic Abuse Training** Staff will receive specialist domestic abuse training, 1 session lasting 1 hour and 30 minutes, focusing upon gaining a deeper understanding of domestic abuse and its impact on women and children, good practice responses, referral pathways.

**Educational Resources** A toolkit will be made available to the setting, so the program can be delivered independently, packed with session plans, continuation work and session resources. A parent pack will be made available to parents to support the child's learning.

## What's Next

Email us at [earlyyears.facilitators@bswaid.org](mailto:earlyyears.facilitators@bswaid.org) to register your interest and a facilitator will book you in for an initial meeting to discuss the program further.



WEST MIDLANDS  
**VIOLENCE**  
REDUCTION  
PARTNERSHIP