



## **“Stop Domestic Violence”**

Programme PL14 “Prevention of domestic and gender based violence” funded under the Norway Financial Mechanism 2009-2014.

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### **„STOP DOMESTIC VIOLENCE” PROJECT**

We would like to inform you about our follow up activities in reference to the previous information related to the project.

In September 2014 three schools from the area of our municipality identified each one group of children to take part in our project. The main focus of the first meeting with the therapist was to educate children about body posture defects, teach them what is a correct body posture during studying, awareness about the dangers of wrong body posture during studying both in the class and at home and the necessity of being able to control their own posture. Children were able to see and touch a model of the spine, learn simple exercises using ball and resistance band and assess their feet by the means of podoscope. We are running activities promoting non-violence attitudes amongst children from October. Pupils learn how to recognise their own feelings through play and how to cope with negative feelings. The meetings take place once a month.

A support group for women and pensioners also meets once a month. Additionally in Autumn 2014 project participants were able to take part in progressive relaxation technique training with aromatherapy as well as individual advice session.

In October 2014 we organised a trip to Łańcut in order to bring together seniors and give them opportunity to integrate during sightseeing the Castle, Carriage House and Orchid House. Everyone enjoyed the trip regardless of the rainy day.

We would like to remind everyone that Specialist Advice Centre offering services such as family counselling, legal advice, educational, social and mental health counselling is open every Wednesday.

Please contact the Social Welfare Centre (GOSP) for further details: ul. Piłsudskiego 63, 23-310 Modliborzyce, tel. nr 15 87 15 108.