

# Need support? **JBWS is Here.**



## **What Counseling Services Are Available at JBWS?**

After experiencing abuse, both adult and child survivors may need assistance processing their emotions and understanding the dynamics of the abuse they experienced. Even if the children were not directly involved in the incidents of domestic violence, hearing it, seeing it, or witnessing the effects of it can be traumatizing. To accommodate the needs of all survivors, JBWS offers comprehensive counseling services for children, adolescents, and adults.

### **Child and Adolescent Services:**

**Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):** In this evidence-based model, JBWS offers counseling support for children and caregivers by teaching them skills to improve challenging behaviors and manage difficult feelings.

**Supportive Counseling:** Children (3-18) in JBWS' residential programs who do not qualify for TF-CBT or need additional counseling support, can access this service. It helps children sort through conflicting feelings, strives to reduce risk factors connected to childhood exposure to domestic violence, and to break the intergenerational cycle of abuse.

**Family Recreational Activities:** JBWS staff members bring residential families together to celebrate holidays and learn how to have fun as a healthy family unit.

**"***My children couldn't have made it without you. You helped me to believe in myself so I could live free.***"**

### **Adult Services:**

**Specialized Support Groups:** JBWS offers a series of specialized support groups to survivors throughout their journey to safety. From our orientation group, that teaches clients about the dynamics of abuse, to groups that support clients in more deeply examining the impact of abuse on their lives, JBWS' counseling services are here to help.

Groups provide the opportunity to learn from others, restore self-confidence, examine the problems it causes, reduce feelings of isolation, gain knowledge of one's rights, develop safety plans, and connect clients with helpful resources.

Offered in both English and Spanish, these groups are held numerous times throughout the week to ensure that any person in need of help has access to it.

### **By The Numbers:**

# 442

*survivors received counseling through the adult counseling services in 2022*