

Enlace Comunitario

COUNSELING SERVICES

Individual counseling is offered to the client by appointment with a social worker or a psychotherapist who are skilled in domestic violence issues and mental health and environmental problems associated with domestic violence.

Individual therapy is strength based and the client is an essential part of designing her/his personal goals.

We also offer **psycho therapy/support groups** that focus on many of the same concerns addressed in individual therapy. In addition, the group participants receive support and group interaction. Confidentiality and respect are pivotal.

Peer support is a powerful process which builds self-esteem and promotes socialization among a largely marginalized and alienated population. (Alienation underlies all abuse because power cannot be gained by the abuser without distance from friends and family). So group participation is crucial in reestablishing communality and support.

Parenting classes are offered to both, adults and children. The groups begin with an experiential activity with the mothers and their children. This is followed by separate groups when the parent learns the impact of domestic violence on the family, techniques to be a supportive parent, and how to discipline children in a loving manner. The children group focuses on many of the same themes and how to be an accountable member of the family.