

How Can SAFE in Hunterdon Help?

Child counselors at SAFE in Hunterdon provide trauma-informed services that can help children heal with a renewed sense of hope and resilience.

Types of therapy may include:

- * Age-appropriate safety planning
- * Individual, group, and family counseling
- * Psychoeducation
- * Play therapy
- * Expressive arts therapy
- * Coping skills
- * Self-soothing techniques
- * Identifying strengths

Sessions may take place simultaneously while the non-offending parent receives services at SAFE in Hunterdon. Parents are not required to be enrolled in counseling, but it is highly recommended. There is a commitment for the child to attend a minimum of six 40-50 minute weekly sessions. Additional sessions can be scheduled based on individual need. Learning Lab is a free bi-weekly program for children aged 9-12 who experience academic and/or emotional challenges resulting from exposure to trauma.

Inquire if interested.

If You Need Help:

You can call **SAFE in Hunterdon**
24 Hotline Number: **908-788-4044**
Toll Free Hotline:
1-888-988-4033

Texting Hotline for the Hearing Impaired: **908-455-2927**

Address:

**47 East Main Street
Flemington, NJ 08822**

Office Hours:

**Monday 9:00 am - 6:00 pm
Tuesday-Thursday
9:00 am - 8:00 pm
Friday 9:00 am - 5:00 pm**

Office: **908-788-7666**
Fax: **908-806-4725**

www.safeinhunterdon.org
Email:
agency@safeinhunterdon.org

Child Abuse/Neglect Hotline:
1-877-NJ-ABUSE
1-877-652-2873



These services are funded in part by a grant awarded by the Victims of Crime Act (VOCA), Victim Assistance Grant (VAG), and Violence Against Women Act (VAWA).



Counseling for Children Exposed to Trauma

Therapeutic services for children ages 3-12 provided by SAFE in Hunterdon, a leader in rendering services and advocacy for adult, teen, and child survivors of domestic violence and sexual assault



What is Trauma?

Trauma is described as a negative event or experience that is deeply painful and distressing, during which time an individual's safety is threatened, resulting in feelings of powerlessness and an inability to cope.

Many children are exposed to traumatic life events which may include, but are not limited to:

- * Physical abuse
- * Emotional abuse
- * Sexual abuse
- * Neglect
- * Exposure to domestic violence
- * Exposure to sexual assault

Remember that any time a child does not feel safe or protected, the experience could be perceived as traumatic.

Witnessing trauma can have just as big of an impact



How are Children Affected by Trauma?

Not all children experiencing trauma are affected equally or in the same way. Every child reacts differently to trauma. Some children could be feeling:

- * Scared
- * Confused
- * Hopeless

Other emotional experiences may include:

- * Anxiety
- * Nervousness
- * Depression
- * Sadness
- * Thoughts of suicide
- * Insecurity/low self-esteem
- * Anger
- * Resentment/bitterness

Additionally, children may present with behavioral issues such as:

- * Problems with sleeping/eating
- * Physical aggression
- * Acting out
- * Bullying
- * Poor peer choices
- * Substance abuse
- * Social withdrawal/running away

Exposure to trauma can also lead to difficulty concentrating and may impede a child's ability to be successful in school.

What Do Children Affected by Trauma Need?

- * A safe, secure living environment
- * Dependable, nurturing adults who will listen to them and validate their feelings and experiences
- * A sense of normalcy and routine
- * Supportive services that meet their needs with understanding and compassion
- * Tools to promote resiliency

Other SAFE in Hunterdon Services:

- * 24-hour Hotline
- * Adolescent and Adult Counseling
- * Crisis Intervention
- * Emergency Safe House
- * Transitional Housing
- * Legal Representation and Advocacy
- * Creative Arts Therapies
- * Financial Empowerment
- * Community and Prevention Education

All services are confidential. All crisis services are free of charge.