



## A little about our program..

The New Orleans Family Justice Center Alliance is a partnership of agencies dedicated to ending *family violence, child abuse, sexual assault, and stalking* through prevention and coordinated response by providing comprehensive client-centered, empowerment services in a single location.

Our vision is a future where we all work together to meet the needs of *family violence, child abuse, sexual assault, and stalking* survivors through comprehensive and accessible services, education and perpetrator accountability. Through a coordinated and co-located model we strive to break the vicious generational cycle and community impact of family violence, child abuse, sexual assault, and stalking.



Our *Trauma Recovery Program* assists individuals in finding solutions to their problems and direction in their lives by offering support, compassion and guidance as they heal from trauma.

To learn more about our program, please give us a call **(504) 592-4005**.

## RESOURCES

**Sexual Assault /Domestic Violence Crisis Line**  
(504) 866-9554  
24/7 SAFE \* Free \* Confidential

**La. Domestic Violence Hotline**  
1-800-799-SAFE

**R.A.I.N.N. (Rape Abuse Incest Nat’l Network)**  
1-800-656-HOPE (4673)  
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**Louisiana Suicide Hotline**  
(504) 269-COPE (2673)  
1-800-749-COPE (2673)

**Stalking Hotline**  
1.800.621.HOPE (4673)

## NEW ORLEANS FAMILY JUSTICE CENTER

[nofjc.org](http://nofjc.org)

701 Loyola Ave., Suite 201  
New Orleans, LA 70113  
**504-592-4005**



SEEKING JUSTICE  
RESTORING HOPE

# NEW ORLEANS FAMILY JUSTICE CENTER



# Trauma Recovery Program



## When Life Feels Difficult...

Often, we think that life should be easy, especially when other people's lives seem to run more smoothly than our own — and we wonder why we carry such an enormous burden. Or we think that our problems are insignificant compared to the tragedies in other people's lives— and we should just toughen up.

The truth is, no pain is insurmountable and no pain is trivial. Acknowledging how our personal pain affects us is the first step to-wards the life we want. Ask yourself whether ...

- Emotional pain or fear seem to control your moods and behavior
- You feel that you are having a hard time coping
- A specific situation in your life feels overwhelming or hopeless

The professional staff of our Trauma Recovery Program can give you tools you can use to see situations differently, stand up to the specific challenges in your life, and live your life in wholeness.

### *We understand*

Everyone struggles. Everyone has hopes, fears, doubts, hurts and secrets that he/she is afraid to share with others. Everyone's life is a "work in progress."

Our **Trauma Recovery Program** can offer support and compassion as you work toward healing.

## You do have the answers...

Within each of us lies the ability to heal and to find the answers to life's challenges. The **Trauma Recovery Program** offers a nurturing environment where it's safe to gather the courage to tell your story and share what you really want to change in your life. The process of change happens from the inside out, not from simplistic solutions. We work with you to guide you toward new in-sights that start the process

### **You do have options...**

Our counselors are licensed and use a trauma informed care approach to ensure the best results possible. Our counseling services include:

- Domestic Violence
- Dating Violence
- Family Violence
- Childhood Sexual Abuse
- Adult Sexual Assault
- Adults Recovering from Childhood Sexual Abuse Stalking
- Violence co-existing with substance abuse

## Trauma Recovery Program



## You do have a choice...

Most people have a preference about whether they attend individual sessions or group sessions. We offer both.

### **Individual Sessions**

We offer individual sessions to those who prefer a private session with a therapist. Those sessions are 50 minutes in length, and focus specifically on the issue presented by the client. Duration for those sessions is usually 6-12, 50 minute sessions.

### **Support Groups**

Groups are open to all who wish to participate. We offer groups for both domestic violence and sexual abuse survivors. Each group meets separately once a week for one hour. The groups last for 12 weeks; and, at the end of the 12 weeks participants may request to be seen individually by a therapist.

Groups are free of charge.

There is a play group for children at the same time as the adult group.

### **We welcome everyone**

We respectfully welcome anyone who is seeking to create a more effective, safe and healthy life. We are committed to providing professional, ethical and confidential services. Our counselors are available by appointment.

Our services are free of charge and we encourage you to contact us for more information about how we can be of assistance to you