

## Domestic violence affects children too.

We like to think that children are asleep — that they are protected when the abuse is happening — but children are awake and aware. Children who witness violence may grow up to continue the cycle of violence. Domestic violence can affect a child in many ways, including:

### PHYSICALLY

- Appetite change
- High risk play
- Self-harming behaviors
- Short attention span
- Tired or lethargic
- Poor personal hygiene

### PSYCHOLOGICALLY

- Grief
- Shame, guilt and self-blame
- Confusion about conflicting feelings
- Fears and anxiety
- Anger
- Depression

### BEHAVIORALLY

- Acting out or withdrawing
- Refusing to go to school
- Parentification
- Lying to avoid confrontation
- Bedwetting and nightmares
- Manipulation, dependency, and mood swings
- Erratic behavior

### SOCIALLY

- Isolation from friends and relatives
- Bullying or passivity with peers
- Difficulty trusting
- Poor anger management
- Poor problem solving skills

### COGNITIVELY

- Language delay
- Developmental regression
- Increased confusion
- School problems



## Want to help Providence House Domestic Violence Services?

It is with the generous support of the community each year that Providence House can provide victims of domestic abuse and their children with quality services, free of charge. There are many worthwhile ways to get involved with Providence House.

To explore how you or your organization can help us, please call 732-350-2120.

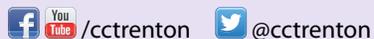
### Providence House Domestic Violence Services of Catholic Charities

#### Ocean County

88 Schoolhouse Road, Suite 1  
Whiting, NJ 08759

Outreach Counseling Center: 732-350-2120  
24-Hour Hotline: 800-246-8910/732-244-8259

[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)



## PROVIDENCE HOUSE DOMESTIC VIOLENCE SERVICES

# PALS

Peace: A Learned Solution



## The PALS Program

The PALS (Peace: A Learned Solution) Program at Providence House Domestic Violence Services, offers creative arts therapies to children ages three to 12 years of age who have witnessed violence in the home.

### The intensive six-month program may include:

- Art therapy
- Music therapy
- Play therapy
- Dance/movement therapy
- Drama therapy

Two sessions are offered each week — one individual session and one group session. Transportation assistance is provided, but availability may be limited.

The program also offers supportive services for non-offending parents and recreational activities to promote family cohesiveness. Case management services are also available to those enrolled in the program.

The PALS Program is funded by the New Jersey Department of Children and Family Services, Division of Prevention and Community Partnerships.

## What PALS Parents Say

*“PALS is the only place where I feel safe, and it’s a place where I know that we can find the support and positive emotional energy we so desperately need.”*

*“My family will be forever grateful for the compassion and understanding that we received from the PALS program. This support has surely helped us move forward in our journey.”*



To access our FREE and confidential therapeutic services, call:  
**800-246-8910** or **732-244-8259** 24-HOUR HOTLINE



## What are the benefits of creative arts therapies?

The PALS program utilizes creative arts therapy interventions designed to address the anxiety, depression, aggression, self-esteem deficits and impaired school performance that can result from exposure to violence in the home.

### Creative arts therapies can:

- Be less threatening and provide emotional distance
- Provide an alternative outlet for emotions that children might otherwise hold inside or express in an unsafe or inappropriate way
- Allow children to learn and practice the tools to resolve conflict peacefully
- Help to increase self-esteem

## In a Child's Words

*“In the PALS program, you learn to protect yourself, show your feelings, draw pictures of your nightmares, don't keep things to yourself, share and talk about your feelings.”*

— PALS client (age 7)

### Creative art therapies benefit children because:

- Nonverbal expression comes naturally to children
- Developing creativity leads to better coping and problem solving skills