



Jewish Family & Children's Services of Southern Arizona, a nonprofit agency which is guided by Jewish values, provides quality social and behavioral health services to the Jewish and greater Tucson community.

JFCS helps people of any religion or ethnic origin meet their full potential by restoring their well-being, cultivating self-sufficiency and strengthening family life.

For more information about our services, call 520-795-0300, visit www.jfcstucson.org or email jfcsinfo@jfcstucson.org



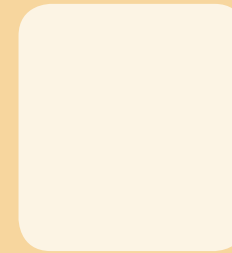
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Jewish Family & Children's Services
of Southern Arizona
4301 East Fifth Street
Tucson, Arizona 85711

Project Safe Place

Counseling Services for
Child Victims of Sexual Abuse,
Violence and Other Traumatic Events



A Program of



Enriching lives and inspiring hope for all



A Safe Place for Southern Arizona's Children and Youth

Abuse of children and youth in the form of sexual crimes, violence and other traumatic events is a serious problem in our society – here in our community.

- One in four girls and one in six boys is sexually abused before the age of 18.
- Seventy-eight percent of children have experienced more than one trauma type and the initial exposure, on average, occurred at age 5.
- The U.S. has the highest rates of childhood homicide, suicide, and firearm-related death among industrialized countries.
- Studies estimate that 10 to 20 percent of children are at risk for exposure to domestic violence.



Young children who have experienced trauma can exhibit:

- Aggression
- Chronic Fear
- Anxiety & Depression
- Learning Issues

Adolescents and young adults who have experienced trauma are more prone to:

- Criminal Behavior
- Drug and Alcohol Abuse
- Dropping Out of School
- Teen Pregnancy

For these children and their families, there is Project Safe Place (PSP).



Project Safe Place has been providing trauma-specific counseling services to the Tucson community since 1996.

For Children and Youth Victims Ages 3 to 18

Child sexual abuse and trauma happens to children in every kind of family, neighborhood, and community. Fortunately, with the right kind of help, children can recover completely and live normal, happy lives.

PSP counseling services are available to children as young as 3 up to young adults age 18.

PSP helps victims heal and recover from their traumas with ongoing counseling to help their specific needs. Through supportive relationships with their counselors, these young clients begin to develop positive coping skills, the ability to trust, and to feel safe – sometimes for the first time in their lives.

PSP counselors work closely with each child to:

- Establish an atmosphere of safety
- Reduce feelings of powerlessness and self-blame
- Encourage expressions of feelings
- Facilitate their sense of contact with and control over their environment
- Encourage the development of trusting attachments

Peer-to-Peer Support

Recovery from traumatic experiences is furthered when victims are able to share their feelings and emotional reactions with those having similar experiences in peer support groups. Weekly PSP peer groups help dissolve the loneliness and shame victims experience and build lasting bonds that offer hope and beneficial role modeling.

For Families

Traumatic events affect not only the victim, but the entire family. The non-offending parent is often confused, angry and may experience guilt over what happened to his or her child. To help the entire family heal, JFCS provides family counseling, which gives families the skills they need to understand their specific concerns. Working with the family as a whole also helps foster the victim's recovery.



Families are encouraged to participate in therapy sessions where, with the victims of the traumatic experience, they can improve communication and problem-solving skills.

Project Safe Place services are free of charge.