

DVCCC Children's Counseling



The Domestic Violence Center of Chester County provides individual and group counseling experiences for children who have witnessed and experienced domestic violence.

Topics commonly addressed in these sessions include:

- * Adjusting to change: transition into a new environment, new family dynamics, etc.
- * Identifying, labelling, and appropriately expressing emotions.
- * Self-Esteem, Self-Respect, Self-Confidence, & Self-Worth.
- * Respecting others: Healthy relationships and friendships.
- * Dealing with Bullies & Problem-solving during conflict.
- * Health & Safety.
- * Goals, Choices, and Consequences.
- * Identifying and utilizing appropriate coping skills.



In-School Counseling, Education, & Peer-Advocacy Programs

DVCCC is proud to offer a wide variety of in-school programs for our county schools. Among these are:

- * Dating Violence & Healthy Relationship Awareness Presentations: an in-class program that discusses healthy and unhealthy relationship patterns with teens and how to get help for yourself or a friend.
- * Coaching Boys Into Men: DVCCC trains high school coaches to provide this program to their teams. Athletes are leaders in their schools—this program provides them the tools to become role models of respect & integrity for their peers. It also discusses active bystanders—and how to prevent disrespect & violence in their communities.
- * DVCCC is willing to partner with our schools' counseling departments to deliver an informed, in-school, teen support group for survivors and victims of family or dating violence.

Domestic Violence Center of Chester County

P.O. Box 832
West Chester, PA 19381-0832

Phone: 610-431-3546 (Office)
Fax: 610-431-2462

Member Agency
United Way of Chester County
United Way of Southern
Chester County

The Domestic Violence Center of Chester County is a tax-exempt 501(c)(3) charitable organization. A copy of the official registration may be obtained from the Pennsylvania Department of State by calling, toll-free in Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



Child Witnesses to Domestic Violence

Information on Domestic Violence and Children & DVCCC Children's Services



DVCCC
DOMESTIC VIOLENCE CENTER
of Chester County
Freedom Through Empowerment

Domestic Violence Center of Chester County

24-hour hotlines

(610)431-1430 ~ 1-888-711-6270

610-431-2462 (TTY)

www.dvccc.com



Myth: children who are not abused are not affected by domestic violence

Witnessing Domestic Violence in the home has a significant impact on children's emotional, cognitive, and behavioral development—even if they are not directly abused.



Effects of Domestic Violence on Children include:

- * Worry and Confusion, leading to Anxiety
- * Distrust of others, social fear & isolation, over-compliance
- * General aggressiveness: acting out learned behavioral patterns
- * Difficulties getting along with peers
- * Fear of or lack of respect for authority figures
- * Low self-esteem, lack of self-worth and self-confidence
- * Behavioral regression: baby talk, thumb sucking, bedwetting, etc.
- * Short attention span, trouble listening & remembering things
- * Role reversal: feeling responsible for the care & safety of others in the home



The Effects of Domestic Violence follow Children into the Future

Children who have grown up with Domestic Violence in the home are affected in various ways throughout their lives. The effects of Domestic Violence often lead to:

- * Poor Impulse control—confusion of right and wrong can lead children to make poor choices like stealing, acting out, truancy, and even drug & alcohol use or promiscuity.
- * Becoming bullies and/or getting in physical or verbal altercations.
- * Significant changes in school performance and academic functioning.
- * Continuing the cycle of violence in their own relationships as either the victim or the perpetrator.



Wednesday Evening Support Groups

On Wednesday evenings throughout the school year, from 6:30 pm until 8:00 pm, DVCCC hosts a children's support group. This group provides a multidisciplinary approach to counseling, encouraging participation in a variety of activities to empower children to communicate with and support one another while introducing them to various healthy coping skills.

Activities and guests include:

- * Arts & Crafts with Educated Art Mentors
- * Music Therapy & Musical Exploration
- * Healthy Recipe Cooking Activities
- * Yoga with Certified Instructors
- * Mindfulness Activities
- * Visits from Certified Therapy Animals
- * Writing & Poetry Activities
- * Team-building exercises
- * Safety Planning with a local Police Officer
- * Literary Exploration & Reading activities
- * And many more!



Each week, the groups tackle a new theme and group members are invited to openly discuss and share their ideas, thoughts, and feelings to provide insight and support to one another.