



Amanda's Easel/PALS

**Creative Arts Therapy Program
for Families Affected by Domestic Abuse**

Families Growing Stronger Together

Have you left an abusive relationship? Your children were affected too. Let's pick up the pieces together.



Creative Arts Therapy: Art,
Music, Drama and Play: Ages 4-14



Parent Groups skill-building



Trauma Informed Counseling



Case Management



Supportive Connections



Goals specific to
each family's needs



Non-threatening, safe,
expressive environment

Children exposed to family violence, whether verbal, emotional, or physical, may experience many symptoms including:

- | | |
|----------------------|-----------------------|
| ■ Fear | ■ Sleep problems |
| ■ Confusion | ■ Struggles in school |
| ■ Separation anxiety | ■ Poor concentration |
| ■ Emotional stress | ■ Acting out |
| ■ Behavior changes | ■ Isolation |

**For intake information, please call
732.264.4360 x4005**

SERVICES ARE FREE*

180 Turning Lives Around Inc. has many other programs and services focused on ending domestic violence. If you are in need of immediate assistance or would like information on other programs please call **732-264-4111** or visit **www.180nj.org**.

*Peace A Learned Solution is partially supported through New Jersey Department of Children and Families.