

FREE COUNSELING SERVICES

EVENING
AND
SATURDAY
HOURS
AVAILABLE!

FOR CHILDREN AND ADULTS IMPACTED BY DOMESTIC VIOLENCE AND ABUSE

Services available at counseling centers in the
City of San Luis Obispo and Grover Beach.



POTENTIAL BENEFITS OF COUNSELING*:

FOR CHILDREN:

REDUCED/ELIMINATED TRAUMA SYMPTOMS
INCREASED FEELINGS OF SAFETY
INCREASED SCHOOL PERFORMANCE
INCREASED ABILITY TO COMMUNICATE NEEDS
IMPROVED PEER RELATIONSHIPS

FOR ADULTS:

REDUCED/ELIMINATED TRAUMA SYMPTOMS
INCREASED SELF-ESTEEM
HEALTHY SOCIAL RELATIONSHIPS
INCREASED SELF-SUFFICIENCY
IMPROVED PARENTING ABILITY

**(OVER 95% OF AGENCY CLIENTS EXHIBIT AN IMPROVEMENT IN THESE MEASURES WITHIN 3-6 MONTHS OF TREATMENT)*

For more information and to
schedule an assessment for yourself
or your child, please call the bilingual
Intake Assessor at
(805) 473-6507.



Women's Shelter Program of
San Luis Obispo County
Tax ID: 95-3370729