

Albemarle Hopeline Children's Program

The Children's Program supports the needs of child victims of domestic violence by providing individual counseling to children. Individual counseling sessions consists of Cognitive Behavior Therapy to include relaxation techniques, coping skills, and changing thought distortions. Also Child Centered Play Therapy allows children to naturally express their feelings and to develop mastery over life's events.

Parent/guardian in need of counseling over concerns with parenting issues is offered through the Children's Program. Sessions include information about the effects of violence on children, nurturing children, and positive parenting. During subsequent sessions with parent/guardian, age-related developmental information and milestones for each child is discussed along with other tools to address individual parenting concerns to help provide a nurturing environment for their child(ren). These interventions aid in the prevention of future difficulties for these young victims and hopefully break the cycle of violence in their lives.