

Family Counseling and Shelter Services will be closed the following dates:

<u>Holiday</u>	<u>Date Observed</u>
New Year's Day	January 1
Memorial Day	Last Monday in May
Independence Day	July 4
Labor Day	First Monday in Sept.
Thanksgiving Day	Fourth Thursday in November
Christmas Day	December 25

### Registration:

Individuals must come to Family Counseling and Shelter Services to complete intake paperwork and pay a \$25.00 intake fee (at their convenience – no appointment necessary). Once this process is completed, an intake appointment will be scheduled. The intake and orientation process usually lasts 45 to 60 minutes. Individuals who do not show up for their scheduled intake forfeit the \$25.00 fee.

### Financial Information:

The fee for Parenting After the Violence group is \$20.00. To request being evaluated on a sliding scale for a reduced rate, you must bring proof of income. This may include a copy of your current pay stub, W2, letter from employer showing hourly wage, copy of unemployment, or public assistance verification.

### Issues Covered:

- The effects of domestic violence on children.
- How to help children who have been witness to domestic violence.
- How to talk to children about domestic violence.
- How to help children feel safe.
- How domestic violence has affected your role as a parent.
- How to be an effective parent after domestic violence.
- How to handle anger as a parent.
- Conflict prevention.
- Setting limits with children.
- Understanding children's development.
- How to strengthen the parent-child relationship.

14930 LaPlaisance Rd.  
Suite 106  
Monroe, MI 48161  
Family Counseling and  
Shelter Services  
14930 LaPlaisance Rd.  
Phone: (734) 241-0180  
www.fcsmc.org

## Parenting After The Violence

### Family Counseling and Shelter Services

14930 LaPlaisance Rd.  
Suite 106  
Monroe, MI 48161

**Lynette Lange**  
**Phone: (734) 241-0180**  
**www.fcsmc.org**



If children live with hostility,  
they learn to fight.  
If children live with fear,  
they learn to be apprehensive.  
If children live with shame,  
they learn to feel guilty.  
If children live with tolerance,  
they learn patience.  
If children live with honesty,  
they learn truthfulness.  
If children live with fairness,  
they learn justice.

# Parenting After the Violence

## **Purpose:**

The purpose of Parenting After the Violence is to help parents who have experienced domestic violence to understand the effects of domestic violence on children; to learn ways to talk and listen to their children about their experience; to encourage children's resilience; to support parents in strengthening their relationship with their children; and to enhance parenting skills.

## **Philosophy:**

Children who experience domestic violence in their families are victims of domestic violence. Domestic violence is a pattern of coercive behavior that one person uses to maintain control over his or her partner. It is not caused by anger, stress, drugs, or alcohol, the behavior of the victim, or other external forces. Perpetrators and victims of domestic violence come from all cultural, socio-economic, religious, and educational backgrounds. There is not one "type" of person who is a perpetrator or victim. Corporal punishment is not an acceptable form of punishment for children who have witnessed domestic violence. Each person has their own beliefs and experiences about parenting and will be acknowledged and discussed.

## **Requirements:**

Individuals participating in the Parenting After the Violence Program will be required to complete an intake assessment, orientation, and participate in a minimum number of sessions.

Admittance to group requires being on time and paying your weekly fee. You are also encouraged to bring a pen and paper to your session.

All messages or questions you may have about the Parenting After the Violence program must be handled directly by you. Please do not ask anyone to call on your behalf. Please inform the office immediately if your primary phone number changes, as there may be times we cancel a session at the last minute.

You are expected to be drug and alcohol free the day of each session. If staff suspect drug or alcohol use, you may be dismissed and marked absent from that session. Your fee will not be refunded.

You are expected to interact respectfully during your involvement with the Parenting After the Violence group. Disruptive, intimidating, or disrespectful behavior toward anyone, at any time, on the telephone or in person, may result in a range of consequences up to and including dismissal from the program.

## **Weapon Prohibition:**

No weapons of any kind are permitted on the premises of Family Counseling and Shelter Services. That includes anything that might be considered a weapon such as a pocket knife or utility knife. If you cannot take it into the Court House, do not bring it here.

## **Electronic Devices:**

Cell phones, recording devices, cameras, etc. will not be allowed in the group room. You are expected to leave all devices in your personal vehicles or at the check in desk. Anyone violating this expectation will be asked to leave and will not receive credit for attendance or refunded any fees paid for the session.