

## DOMESTIC VIOLENCE COUNSELING SERVICES

LET'S END THE VIOLENCE AND SILENCE OF DOMESTIC VIOLENCE



**Domestic Violence Counseling Services** help abused individuals find strength, resources and opportunities to maximize safety for themselves and their families. Services are client-centered, culturally sensitive, bilingual (English and Spanish) and respect survivor self-determination rights.

Family counseling is provided for adult survivors and their children.

Services are trauma-informed and evidence-based, combining clinical expertise, research and clients' values to provide quality care.

**We provide:**

- Safety plans
- Individual, family and group counseling
- Links to legal and financial aid, food pantries and housing assistance
- Knowledge about how abuse affects survivors and their children
- Family self-care strategies that address survivors' traumatic stress

**All services are free and confidential**

**For more information contact the following Metropolitan Chicago locations:**



Calumet Center (South/Southeast Side)  
773-371-3642

Midway Center (Southwest Side)  
773-884-3310

North Center (Northwest Side)  
773-371-3700

Metropolitan also offers a wide variety of legal, court advocacy, supervised visitation and safe exchange services to domestic violence survivors. For more information about all domestic violence services available call 312-986-4000.

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