

# Greetings from FVLC!



## Mental Health Services For Children 0 to 5

Caring for the youngest survivors in our community!

It is a common misconception that young children who are exposed to domestic violence do not know what has happened to them. The goal of FVLC's zero to five program is to help a parent-child pair focus on the child's recovery from domestic violence. FVLC's therapist intern creates a safe environment for kids to talk about what they have experienced and encourages them to create their own narrative, often times through play.

Ultimately, parent-child therapy strengthens the child's connection and attachment to their primary caregiver, allowing them to move past the trauma, express their emotions in a healthy manner, and focus on typical things they should be learning at their age. **"Kids do know what happened to them. A lot of times they are ready to tell you that, and they may not tell you in words, but they tell you through play."**

- Clara Rice, FVLC's Mental Health Therapist Intern

# EVERYDAY HERO



Click here to become an [EVERYDAY HERO!](#) We rely on the continuous support of our donors to help us provide free life-saving services to our clients. Join us to strengthen community efforts to end the cycle of family violence in our community!

## Survivor's Story & Journey to Success!



Carol came to FVLC after her boyfriend physically and sexually abused her for several years. She was feeling extremely afraid of her abuser and after all of the trauma she experienced, she was also struggling with thoughts of suicide. Carol's employer refused to accommodate her safety needs at work. FVLC helped Carol apply for

affordable housing programs, provided her consistent, daily emotional support and advocacy, accompanied her to medical and therapy appointments, and connected her with employment rights resources so she could understand and advocate for her rights at her job. FVLC's legal team also helped Carol file for a Restraining Order against her abuser and represented her at her hearing. Carol received a 5 year Restraining Order After Hearing. **Carol continues to work with an FVLC Crisis Intervention Specialist as she moves forward in building a violence-free life for herself.**

**THANK YOU**



Family Violence Law Center had the honor of being awarded a Shartsis Friese LLP Public Interest Fellowship. The fellowship creates a 2-year attorney position to support FVLC's legal services for domestic violence survivors in Alameda County.



We are proud to announce that **Cassandra Allison** joined FVLC as the **Shartsis Friese LLP** fellow. Ms. Allison, who is fluent in Spanish, is a 2013 graduate of the University of San Francisco School of Law. She has a longstanding commitment to public interest and a background in serving survivors of domestic violence. Thanks to Shartsis Friese LLP, Ms. Allison will help meet the critical need of survivors in Alameda County.



# TOGETHER WE CAN END DOMESTIC VIOLENCE IN OUR COMMUNITY

Throughout the month of October, take the pledge to SPEAK UP against domestic violence and raise awareness by adding your voice to our Be Brave Speak Up campaign.

**SAY IT** I say Be Brave Speak Up because ..... Get the sign at [www.FVLC.org](http://www.FVLC.org)

**SHARE IT**    Connect with FVLC & Share Your voice!  
#BeBraveSpeakUp #DVAM2015 #FVLC

