

Empowerment-Based Counseling

VSC counseling empowers individuals affected by trauma in overcoming the painful effects of violence. Our individual trauma-informed counseling for survivors, their families, and friends is in person or via telephone. We focus on the individuals' strengths, coping skills, symptom reduction, and offer emotional support.



Support Groups

VSC support groups ease the pain of isolation and provide strength for healing. Survivors of violence support each other and work together to move through the journey of healing and beyond the pain of victimization. The groups we offer include, but are not limited to the following:

- Adult survivors of sexual assault
- Adult survivors of childhood sexual abuse
- Families and friends of homicide victims
- Psycho-educational group for caregivers of child sexual assault survivors
- Psycho-educational group for adolescent survivors of sexual assault and sexual harassment

Groups are provided at different times during the year based on community interest.

Child Abuse Treatment Program

VSC's CATP program provides therapy to child survivors (ages 5-17) of abuse and their non-offending caregivers. The CATP program is designed to enhance the ability to cope with trauma in a healthy and more adaptive manner. Parent/caregiver participation is strongly recommended in order to maximize the child's healing.

The Treatment Program aims to:

- Help children identify and process feelings
- Help children develop healthy coping skills
- Help manage trauma symptoms.
- Help the non-abusive family members increase positive and healthy ways to talk with and support the child

Effects of child abuse can include:

- Withdrawal/Isolation
- Depression
- Poor grades in school
- Physical complaints (stomach aches, etc.)
- Anxiety or Fears
- Difficulty with sleep
- Self-harm or suicidal ideations
- Drug abuse
- Anger (rebellious or defiant behaviors)
- Difficulty trusting others



Family Therapy Program (FTP)

VSC's family therapy program provides intensive psychotherapy treatment for child survivors (ages 5-17) of child abuse and their non-offending parents/guardians/caregivers and their siblings. This program is an extension of the Child Abuse Treatment Program which is under the direction of the Direct Services Supervisor at VSC. Family therapy counselors receive clinical supervision by a licensed clinical psychologist. The family can meet with their counselor for 15 sessions.



For more information about any counseling services/support groups, or to schedule an intake, please call our 24-hour hotline:

888-521-0983



Further Information

Intake Session

An intake session provides crisis counseling and an in person assessment to identify the client's needs and determine the best care and appropriate services.

Mandated Reporting

VSC is a mandated reporting agency. This means that if we know or suspect child abuse we must report to the Office of Children and Youth.

Connection to Other Services

Sometimes survivors need services outside of the scope VSC provides. If this is the case, we can connect you with another agency that can meet those needs.

VSC services are available at no cost to survivors of violence, their family members, partners and friends affected by the victimization of their loved one regardless of income level, age, gender, race or sexual orientation

VSC'S VISION

VSC's vision is to empower the community and to aid in the creation of a society free from violence.

VSC'S MISSION

VSC's mission is to provide advocacy and counseling for all who have been affected by sexual violence and other crimes against the person, and to promote sensitivity and awareness in the community through education.



325 Swede St. 2nd Floor
Norristown, PA 19401

24 Hour Crisis Hotlines:

Toll Free: 888-521-0983
Rape Hotline: 610-277-5200
Other Crimes: 610-277-4781

Business Line: 610-277-0932

Fax: 610-277-6386

www.victimservicescenter.org



Counseling Services

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Vscmontcopa@vscmontcopa.org

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All services are free and confidential.