

## Counseling:

### Individual Counseling Family Counseling

### Group Counseling

**New Beginnings Group** offers safe, healing support for adult female survivors of sexual trauma.

### "Rough Diamonds" Family Violence

Group provides a supportive group atmosphere for women to overcome personal and family issues resulting from family violence.

### Biofeedback and Neurofeedback

Focus on training brain activity to improve mental health and cognitive function, helping individuals learn to self-regulate brain waves for better emotional and cognitive outcomes.

### In-Home Support:

#### Parent Aide Program:

Provides support services to families with children ages birth to 12 who may be at risk for abuse.

### New Parent Support:

#### Baby Whisperer Program:

Hospital-based program that provides support and prevention education to new parents, discusses, shaken baby syndrome, and educates parents on available community resources.

\*Call for an appointment, no referral necessary and at no cost.

## Education:

### Basic Parenting:

Three-session course that focuses on: the Basic Needs of the Child, Providing a Safe Environment, and a Model of a Healthy Home.

### Anger Management:

For Adults. Seven-session course including: Understanding Anger, Anger Styles, Communication Styles, Stress Management, Problem Solving, and Empathy.

\*\* There is a fee for Anger Management Class.

## Community Outreach:

We strive to empower our community with the knowledge and skills needed to prevent child abuse and family violence. Please call to find out how, with our support, you can help break the cycle of abuse and family violence through education and raising awareness.



## The Cycle of Abuse Ends Here!

To give financial support to our mission, please visit our website at [www.exchangeap.org](http://www.exchangeap.org) and make a donation with your credit card or PayPal account or mail a check payable to "Exchange Center" to the following address:

Exchange CAP Center

102 Morgan Street, Dothan, AL, 36301

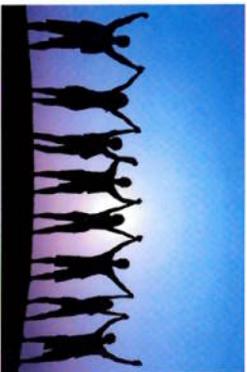
## Who we Are:

We offer trauma-informed care and evidence-based counseling and support services. Our staff offers a combined 73 years of experience in working with trauma survivors, children and families.

\*For information on our Geneva County services please call 334-723-2085.

**Mission Statement:**

Our mission is to break the cycle of abuse by providing family support, education, and counseling services to at-risk families and survivors of child abuse and family violence.



*If you have been a victim of child abuse, sexual assault or family violence or are at risk of abusing please call The Exchange Center to see how we can help.*

*If you would like to help, please call The Exchange Center to find out how you can partner with us in prevention.*

All counseling services are provided free to victims of abuse or family violence. This is funded through grants from the Michigan Department of Economic and Community Affairs, Law Enforcement and the Michigan Safety Council, under the Victims of Crime Act and the Family Violence Prevention Act.

**"Healing from trauma is the process of turning pain into power and finding light in the shadows."**

*- Lilly Gordon-Flowers, MA  
Executive Director*

**Phone: 334-671-1966**

**Fax: 334-794-7892**

**www.exchangeCAP.org**

**Visit our Facebook page at:**

**<https://www.facebook.com/ExchangeCAP>**

**to receive updates on upcoming events and fundraisers**



**Working to Break the Cycle of Child Abuse and Family Violence**



**334 - 671 - 1966**