

WHY IT MATTERS?

Children rely on safe and supportive environments to grow and thrive. Domestic violence and sexual abuse are acts of violence that may cause trauma symptoms, or lasting emotional effects that harm someone's sense of safety.

Trauma may affect each child and family in a variety of ways that feel scary and overwhelming. You may notice changes in your child's behavior or your own, including angry outbursts, difficulty focusing, changes in sleep patterns, feeling extreme anxiety, or no longer enjoying favorite activities.



Healing, resiliency, and hope are possible after violence, no matter how impossible that may feel right now.

Safe+Sound Somerset is here for your child. We will partner with you to build the bright, safe future you envision for them.



ABOUT US

Safe+Sound Somerset offers free and confidential services for youth (ages 3+) and families impacted by domestic violence and child sexual abuse. Our staff provides a compassionate space for youth and their safe family members to express their feelings, learn coping skills, reconnect with each other, and build hope for a safe and healthy future.

Our staff is highly skilled and certified in several evidence-based approaches that have been proven effective in reducing trauma symptoms.

24/7 Call or Text Helpline
866-685-1122

Free, confidential services for youth and adults

PO Box 835
Somerville, NJ 08876
Administration: (908) 359-0003
www.safe-sound.org



@safesoundsomerset

HEALING, RESILIENCY & HOPE

Counseling Services for
Youth Survivors of
Domestic Violence and
Sexual Abuse



SAFE + SOUND
SOMERSET