

No ONE deserves  
to be abused.  
It is NOT your fault.  
We are here  
to help.

*Providing services  
to Garfield, Grant,  
Kingfisher, Major  
and Blaine Counties*

## Our Mission

YWCA Enid is dedicated  
to eliminating racism,  
empowering women,  
and promoting peace,  
justice, freedom and  
dignity for all.

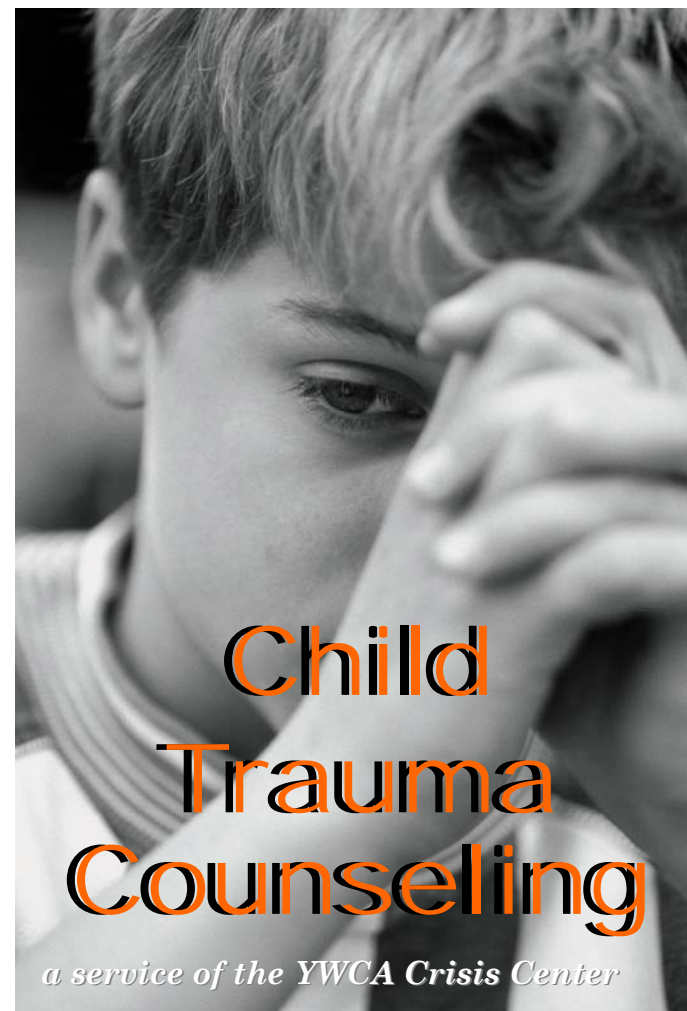


Proud to be an United Way agency!

## YWCA Crisis Center

### Current Services:

- **Emergency Shelter** is a safe haven for victims of domestic violence, sexual assault, stalking, and their dependent children.
- **24-Hour Crisis Line** offers crisis intervention, information, referral, and safety planning for callers. All calls are confidential and callers can remain anonymous.
- **Group & Individual Counseling** for victims of traumatic events.
- **Parenting Education & Life Skills**
- **My Sister's Closet** provides clothing and household items for individuals in need
- **Sexual Assault Response Advocates** provide support and information to a victim and family members during the sexual assault examination.
- **Court Advocates** assist with obtaining court orders, and are available to accompany victims to court hearings
- **Supervised Visitation & Safe Exchanges** allows the child(ren) to maintain a relationship with the non-custodial parent in a safe, comfortable and neutral environment.
- **Community Education & Outreach**



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Enid, OK 73701  
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Toll Free: 800-966-7644  
Business Line: 580-234-7581  
Fax: 580-234-1284  
[www.ywcaenid.com](http://www.ywcaenid.com)

eliminating racism  
empowering women **ywca**

## ABOUT CHILD TRAUMA COUNSELING AT THE YWCA

Child Trauma Counseling is a new specialized therapeutic service offered by YWCA Enid to help children, and their families overcome the long-term effects often associated with serious forms of trauma.

**Trauma**, "*post traumatic stress*," can result from crime, physical or emotional abuse, natural disaster or accidental injury. Feelings of loss can be associated with the death of a loved one, divorce or separation from loved ones.

YWCA counselors help children express their anger, fears, anxiety and confusion about life-changing challenges, whether from a traumatic event or living situation.

Through counseling, young people can learn coping skills to help them feel more comfortable with expressing sad and devastating feelings. By expressing these feelings, they can regain a positive, healthy childhood.



### TREATMENT THERAPIES

Trauma counseling includes individual, and family counseling, education and training, consultation and resources. As needed, these services are provided to children and families already involved in the YWCA's continuum of care, as well as those children referred from the community.

### CHILDREN WHO MAY BENEFIT FROM TRAUMA COUNSELING:

- Children who have experienced, witnessed, or have been confronted by an event involving actual or threatened death or serious injury.
- Children who have distressing recall of traumatic events including thoughts, dreams, or flashbacks.
- Children who experience distress at exposure to cues relating to the event or loss
- Children who avoid people or places reminiscent of traumatic events.
- Those who exhibit these signs following a traumatic experience:

Depression	Lack of interest in activities
Loneliness	Difficulty sleeping
Loss of appetite	Anger
Anxiety & fear	Inability to concentrate
Feelings of guilt	Problems at home or school

### THE YWCA BELIEVES:

- Specialized therapy by certified staff immediately following trauma has a positive impact on a child's future well-being.
- Every child deserves the opportunity to recover in a supportive and understanding environment
- Grief is a natural reaction to trauma
- Within each child is a natural capacity to heal
- The duration & intensity of trauma is unique for each child
- Caring & acceptance assists the healing process



### PLEASE CONTACT:

Melissa Baldwin, MA, LPC candidate  
*trained in trauma focused cognitive behavioral therapy (TF-CBT)*  
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**All sessions are free!**