

# JFCS OF SOUTHERN ARIZONA

## Therapy Services

**Person-Centered Trauma-Informed Counseling and Therapy** helps support people of all ages who struggle with issues of anxiety, depression, trauma, grief, and other mental health issues.

Our Masters-level licensed clinicians help people learn coping skills and regain self-sufficiency. We help people from all walks of life regardless of faith, age, race, gender identity, or ethnicity.

**Project Safe Place** is a haven for hundreds of people who have experienced trauma due to abuse, neglect, and violence. Project Safe Place addresses coping, safety, and healing; victims become survivors. JFCS is the only agency in the greater Tucson area providing this level of trauma-informed therapy at no cost for as long as needed.

**Family Preservation Home-Based Services** keeps at-risk families together and safe in their homes and children out of the foster care system. To strengthen families, JFCS offers home-based counseling and a hands-on curriculum that addresses trauma, teaches coping and parenting skills, and creates an individualized safety plan for each family that is referred to JFCS by the Arizona Department of Child Safety.



**We are trauma experts.**



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