

Restoring Power

Supporting Victim-Survivors who have Experienced Emotional, Psychological, Physical, Technological, or Sexual Violence.



We work with children, adolescents, and adults. In our work with youth, we recognize and help to heal the effects of witnessing violence, even when the child has not directly experienced abuse.

We support individuals and families as they seek safety in many different ways.

People come to NYFS with a variety of situations and needs, which can include:

- The family wants to stay together and for the violence to stop
- A person is in the process of leaving or has left an abusive relationship
- The relationship violence was years or decades ago and the person is interested in deepening their healing and sense of connection to themselves, others, and/or a larger sense of meaning and purpose.

If you think you or someone you care for has experienced any form of abuse or trauma, please reach out today to get support and resources to help you seek safety and recovery.

NYFS offers many different services within our Restoring Power Program:

- Safety planning
- Emotional support and coping skills
- Learning about abuse, its effects, and opportunities for healing
- Information about victim rights and resources
- Case management and resource referral
- Legal advocacy: court and law enforcement interview accompaniment, applying for an Order for Protection or Harassment and Restraining Order
- Individual Therapy: for all ages and is typically helpful for reducing mental health symptoms of trauma
- Group Therapy: a variety of groups for all ages

Take Your Next Step.

Visit nyfs.org/community/domestic-violence-and-sexual-assault-services.

To make an appointment, call 651-486-3808 or visit nyfs.org/start/appointment.



RESOURCES:



What constitutes abuse?



The effects of witnessing violence on youth.

[SCAN THE QR CODES WITH YOUR PHONE TO LEARN MORE](#)

NYFS
Northeast Youth
& Family Services

Transforming Lives

Transforming lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.

NYFSorg

Northeast Youth & Family Services

[NYFS.ORG](https://nyfs.org)

LOCATIONS:

Shoreview Clinic
3490 Lexington Ave N
Suite 205
Shoreview, MN 55126
(651) 486-3808

White Bear Lake Clinic
1280 North Birch Lake Blvd.
White Bear Lake, MN 55110
(651) 429-8544