



## Who We Are

Since 1985, Loved Ones Victims Services (LOVS) has dedicated its resources to meet the mental health needs of family members and friends who have experienced the death of a loved one due to violent crime.

With the assistance from governmental agencies, private corporate sponsorships, and generous private donations, LOVS provides counseling, intervention, and prevention programs designed to support all victims of violent crime; regardless of ability to pay.

By way of LOVS, the S.H.I.F.T program (Shaping, Healing, and Inspiring For Tomorrow) has been developed as a strategy to promote mental health and disrupt the cycle of violence among all youth groups in the Los Angeles area.



**"THERE IS NO FAILURE. ONLY  
FEEDBACK."**

**- ROBERT ALLEN**

***"If my mind can conceive it, and my heart can  
believe it - then I can achieve it"***

**- Muhammad Ali**

**"THE YOUNG MAN KNOWS THE RULES,  
BUT THE OLD MAN KNOWS THE  
EXCEPTIONS."**

**- OLIVER WENDELL HOLMES, SR.**

***"Examine what is said and not who speaks."***

**- African proverb**

***"Why fit in when you were born to stand out?"***

**- Dr. Seuss**

Loved Ones  
Victims  
Services

~Est. 1985~



### Contact Information

Phone: (310)337-7006

Email: [Services@lovs.org](mailto:Services@lovs.org)

Facebook: [@LOVS.Counseling](https://www.facebook.com/LOVS.Counseling)

Instagram: [@lovedonesorg](https://www.instagram.com/lovedonesorg)

Twitter: [@LOVScounseling](https://twitter.com/LOVScounseling)

# S.H.I.F.T.

Shaping Healing  
Inspiring For Tomorrow

<http://www.lovs.org/shift>

**S.H.I.F.T** is dedicated to ensuring that the young victims of crime and trauma receive individualized treatment to facilitate the healing process after violent, life-changing events.

#### Who we serve

SHIFT is dedicated to providing support services, in a judgment-free, safe environment, for young men (10 to 18 years old) who have experienced violence or trauma.

Young men of color (YMoC) are more likely than all other groups to be victims of violence and encounter more barriers to receiving support services for mental health. SHIFT strives to break down those barriers by acknowledging the unique experience of YMoC and creating support services for all youth groups impacted by violence.

#### What we provide

SHIFT helps young victims of crime and trauma increase awareness, process, and heal from trauma utilizing two components:

- Life Skills Education

Teach crucial everyday life skills that are culturally competent and culturally sensitive.

- Psychotherapy

Alleviate trauma related symptoms.

## Shaping, Healing, & Inspiring For Tomorrow

**"It takes nothing to join the crowd. It takes everything to stand alone." - Hans F. Hansen**

# SHIFT

#### LIFE SKILLS

Through a series of workshops, SHIFT participants learn and discuss vital skills for professional and personal success that are not typically taught in the classroom. The curriculum includes:

- Anger Management
- Identification of "triggers"
- Coping skills
- Interaction and communication with law enforcement
- Suicide prevention
- Gang Prevention

Along with skills to mitigate the negative effects of:

- \*Bullying
- \*Peer Pressure
- \*Violence

#### PSYCHOTHERAPY

- Loved Ones Victims Services (LOVS) mental health therapists provide individual therapy to SHIFT participants. Therapeutic sessions are designed to help survivors of violence work through their experiences, and alleviate symptoms related to their trauma.

- Psychotherapy is held in both individual and group therapy settings; allowing SHIFT participants individual time with their therapists, in addition to social support from peers with shared experiences.

- SHIFT participants are assigned to a single therapist who meets with them weekly or bi-weekly, free of charge for qualified clients (ask your representative about qualifications).

#### Additional Resources

**National Suicide Prevention Lifeline**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
1-800-273-TALK (8255)  
1-888-628-9454 (En Espanol)

**Teen Line**  
[www.teenlineonline.org](http://www.teenlineonline.org)  
800-TLC-TEEN (852-8336)

**California Youth Crisis Line**  
[www.youthcrisisline.org](http://www.youthcrisisline.org)  
1-800-843-5200

**Southern California Counseling Center Watts**  
[sccc-la.org/category/watts/](http://sccc-la.org/category/watts/)  
323.556.2358

**Nami Urban Los Angeles**  
[www.namiurbanla.org](http://www.namiurbanla.org)  
323.556.2358

**Los Angeles City Attorney Victims Assistance Unit**  
[www.lacityattorney.org/victims](http://www.lacityattorney.org/victims)  
213.974.3512

**Didi Hirsch**  
888.807.7250  
[www.didihirsch.org](http://www.didihirsch.org)

CALL (310)337-7006



[www.Lovs.org/shift](http://www.Lovs.org/shift)

