



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.

*My mission in life is not merely to survive, but to thrive.
- Maya Angelou*



Loved Ones
Victims
Services

~Est. 1985~



Contact Information

Phone: (310) 337-7006

Email: 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 atmosphere, for young women (10 to 18 years old) who have experienced violence or trauma.

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.

Find us on Social Media

Facebook: @LOVS.Counseling

Instagram: @lovedonesorg

Twitter: @LOVScounseling

CALL (310)337-7006



www.Lovs.org/shift

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
 - Relationships and respect
 - Interaction and communication with law enforcement
 - Suicide prevention
 - Gang Prevention
- Along with skills to mitigate the negative effects of:
- Bullying
 - Peer Pressure
 - Violence

Additional Resources

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
1-800-273-TALK (8255)
1-888-628-9454 (En Espanol)

Teen Line
www.teenlineonline.org
800-TLC-TEEN (852-8336)

California Youth Crisis Line
www.youthcrisisline.org
1-800-843-5200

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).

Southern California Counseling Center Watts
sccc-la.org/category/watts/
323.556.2358

Nami Urban Los Angeles
www.namiurbanla.org
323.556.2358

Los Angeles City Attorney Victims Assistance Unit
www.lacityattorney.org/victims
213.974.3512

Didi Hirsch
888.807.7250
www.didihirsch.org