

Dreams

Dreams is a member of the PALS Program network, funded by the NJ Department of Children and Families — Division on Women



**family
connections**

WHERE HOPE MEETS POSSIBILITY

What We Do

Dreams is an intensive, six-month therapeutic creative arts program for Essex County children and their parents who have experienced or witnessed domestic violence.

The program includes:

- Comprehensive assessments and individualized treatment planning
- Safety planning
- Art, drama, and play therapy in individual, family and group settings
- Weekly Parent Support Groups with healthy family meals
- Case management and assistance with concrete needs
- Fun family events and activities
- Transportation assistance and on-site childcare



Who We Are

Family Connections' Domestic Violence Services Program, Dreams, is a therapeutic creative arts program for children and their parents who have experienced or witnessed domestic violence.

At Dreams, children are nurtured and parents are empowered. Here, you will find safety, mutual respect, professionalism, and individual attention to your own specific goals.



We believe:

- **The cycle of domestic violence can be broken.**
- **Knowledge, understanding, and support lead to empowerment.**
- **Through creative arts and play therapy, domestic violence survivors of all ages find their voices.**
- **Play nurtures development, improves our spirits – and is fun!**

At Dreams, you will get help accessing services that meet your concrete needs. You will find mutual support in a community of families helping one another heal and thrive.

Results

Providing a safe place for children and their families to heal from – and break the cycle of – domestic violence.



We want our families to:

- **Feel physically and emotionally safe**
- **Build healthy relationships and coping skills**
- **Strengthen family bonds**
- **Gain access to needed services**
- **Feel strong and empowered**
- **Have fun!**

We Serve

Dreams is open to families who:

- Live in Essex County
- Have children ages 3-12
- Are post-separation (*the abuser no longer lives in the home*)
- Are ready to commit to consistent attendance at weekly Parent Support Groups and twice-weekly individual/family/group sessions.

Dreams is located in a safe, secure setting.

For more information, please call: (973) 323-3560



All artwork by Dreams clients.

Family Connections is a leading New Jersey non-profit with over 30 different programs to support children, adults, and families. Far too many people in our communities face serious challenges—from trauma and mental illness to addiction, domestic violence, and child abuse. Family Connections is here to make sure no one has to face these challenges alone. Across Northern New Jersey, we deliver counseling, social and emotional skills-building, prevention and training initiatives, programs to strengthen family bonding and reunify families, and more.

Since 1879, Family Connections has proven that communities thrive when everyone is invested in each other's wellbeing.

Our Mission

Growth happens here every day. With our counseling, skills-building, training and prevention services, people take control of their own healing and foster connections that make our entire community stronger, safer, and healthier.

Our Vision

We see a world where no one faces life's challenges alone—where we all have the opportunities, connections, and resources we need to thrive.

Our Core Values

We strive every day to be:

Inclusive | Strengths-based | Relationship-driven Outcome-oriented | Collaborative

For more information about Family Connections' programs, please visit our website at familyconnectionsny.org.

If you have questions or need assistance, please contact Family Connections at (973) 675-3817 or hope@familyconnectionsny.org.



**family
connections**