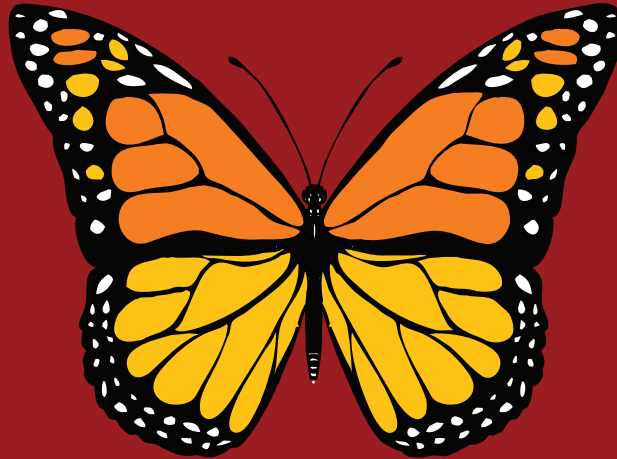




## Our Mission

Loved Ones Victims Services (LOVS) is dedicated to meeting the emotional and physical needs of family members and friends who have lost loved ones, often times to violence. Our primary objective is to provide individual family and group counseling for adults, teens and children. In addition, we provide professional support services, educational resources, and information and material about other associated services. Lovs addresses the cycle of violence in Los Angeles County through intervention and prevention programs aimed at supporting the co-victims of violent crime. With the commitment of governmental agencies and private corporate sponsorship, our outreach programs continue to provide and expand the resources needed by our clients

safe valuable  
soaring into a new chapter  
tranquility live  
overcome laugh



validate oneness  
love embracing my new journey  
self-kindness  
victorious  
optimistic support  
**LOVS**

Tel:(310) 337 - 7006  
5701 Slauson Ave, Suite #116  
Culver City, CA 90230  
Email: [services@lovs.org](mailto:services@lovs.org)  
Website: [www.lovs.org](http://www.lovs.org)  
Facebook: [LOVS.Counseling](https://www.facebook.com/LOVS.Counseling)

Healing Lives...

One Heart at a Time



Loved Ones Victim Services



## Services

### Grief Support Groups

Group counseling is a very effective way to address specific concerns in a supportive setting. LOVS offers a grief support group for people who have lost loved ones to acts of violence.

### Individual Therapy

Individualized concerns related to grief or loss of a loved one are addressed in a comfortable therapeutic setting. Individual therapy provides a more private and personal setting in which to process grief.

### Anger Management

LOVS offers anger management classes for individuals looking for alternative ways to deal with their anger. Lovs accepts private clients, as well as clients referred through the court system.

## Symptoms of Grief

### Shock/Numbness:

Feeling of disbelief or not feeling at all.

### Denial:

Denying that the loved one is gone; refusing to let go; referring to them in the present tense.

### Depression:

Feelings of intense sadness, hopelessness, and lack of desire to do things; not wanting to live any longer.

### Isolation:

Withdrawing from other people; wanting to be alone; being apathetic toward involvement in activities.

### Frustration:

Not understanding what you are feeling and how to express them.

### Guilt:

Due to the feeling that the survivor could not protect their loved one; the feelings of relief that they are no longer suffering or if the relationship was strained.

### Panic/Nervousness:

Anxiety: feelings of abandonment; worry over how personal needs will be met.

### Anger/Rage:

Often directed at the deceased or others.

### Emotional Distress:

Shown through physical alignments such as: headaches, nausea, dizziness, loss of appetite, shortness of breath, changes in sleep patterns, tightness of breath, loss of concentration and constant fatigue.

### Regret:

For time not spent together or things that will never be shared.

### Fear:

Of dying; being more in touch with mortality; of losing other people; of darkness.

\* Please note: No two people grieve in the same manner. It is the personal process through which sorrow is reconciled. To mourn is to express one's grief and this is necessary and vital to the healing process. In order to effectively express grief, it is important to be aware of some of the signs and symptoms.

## WHY WE DO WHAT WE DO?

Too often the effects of homicide only exacerbate the emotional conflict of the loved ones (co victims) left behind.

The services and support provided by LOVS makes a direct impact on the child who has lost a parent, or the sister who lost her sibling.

The traumatic stress that occurs in the aftermath of homicide can lead to further acts of retaliation, fear, and psychological disturbance.

LOVS facilitates grief support groups, as well as individual therapy sessions. We also implement art therapy that provides individuals an opportunity to create a narrative for their feelings through art expression.

The services we offer are mostly administered through in-kind contributions by mental health professionals, victim outreach specialists, peer counselors, and advocates. There is a vast amount of resources that you and your family can benefit from at LOVS. We know that negative circumstances can linger in the aftermath of a loss, and we want to help. We realize that an abundance of feelings and anxiety surround individuals who have lost a loved one to violence. Our services provide a safe place to confront those feelings, as well as learning ways in which to heal the heart. Allow us to help you release the pain and anger, and find peace and love once again.

## RESOURCES: A HELPING HAND

Office of Victims of Crime  
[www.ojp.usdoj.gov/ovc](http://www.ojp.usdoj.gov/ovc)

Los Angeles Police Department  
[www.Lapd.com](http://www.Lapd.com)

Mothers Against Drunk Drivers  
[www.Madd.org](http://www.Madd.org)

Los Angeles City Attorney Victims Assistance Unit  
(213) 978-2097  
<http://www.lacityattorney.org/victims-assistance-program>

Los Angeles County Victims Assistance Unit  
(213) 974-3512  
<http://da.co.la.ca.us/victims>

The National Center of Victims of Crime  
(202) 467-8700  
[www.ncvc.org](http://www.ncvc.org)

Los Angeles Sheriffs Department  
[www.Lasd.org](http://www.Lasd.org)

### Comfort Reading

"Healing After Loss: Daily Meditations for Working Through Grief"  
by Martha Whitmore Hickman

"Surviving: A Guide for Victims, Families, Friends and Professionals"  
by Allison Brittsan and Clarene Shelley