



P.A.L.S. for Healing

NON-PROFIT TRAUMA INFORMED COUNSELING

Paper. Art Therapy. Letting Go. Self Actualization.

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Serving those affected by:

- | | |
|---------------------------------|--------------------------------|
| Divorce | Domestic Violence |
| Parental Incarceration | Bullying |
| Being in the Foster Care System | Childhood Abuse & Neglect |
| Serving in the Military | Death of a Loved One |
| Having a Soldier Family Member | Experiencing Natural Disasters |
| Responding to Crisis Situations | Other Traumatic Experiences |

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 (330) 518-8334 • palsforhealing.org



Moving Lives
 Forward
 THROUGHOUT
2018

P.A.L.S. for Healing Board of Directors

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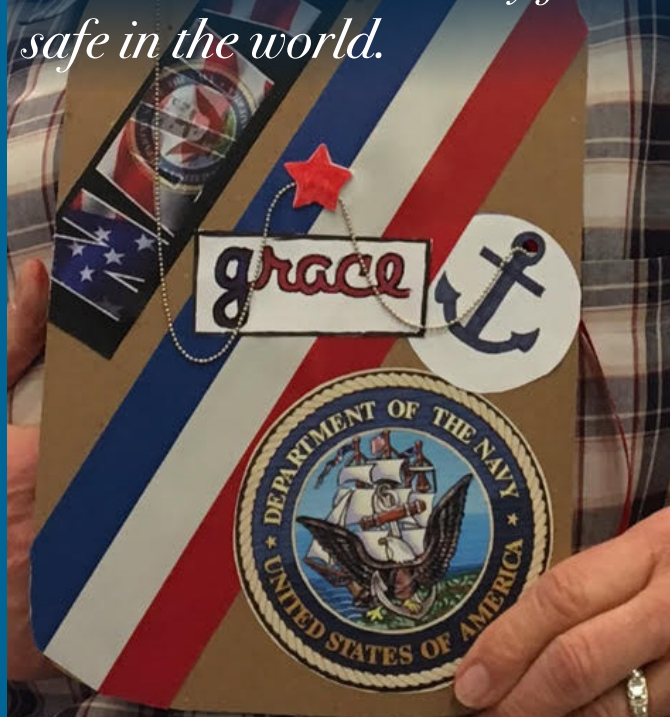
P.A.L.S. for Healing
Mission Statement

P.A.L.S. for Healing is a nonprofit mental health organization dedicated to providing education, art therapy, EMDR & other trauma informed therapies to help people who have suffered trauma and/or loss to positively impact overall health.

Therapeutic STAFF

Rita Kanareff, ATR-BC, LPC, C-S, EMDR
Kristen Peterca, LPC, EMDR
Amanda Petric, LISW, EMDR
Ilona Ponomariova, LPC
Misty Ramos Saviano, ATR, LPCC-S, ACTP, EMDR
Avril C. Sargeant, MA, LPC, EMDR
Laura Serazin, ATR, LPC, ACTP
Michele Slaght, C.T.I.P., R.M.
Megan Sprenger, LPCC-S
Nicole Winter, LPCC, EMDR

At P.A.L.S., we start by establishing a safe environment for healing since trauma survivors rarely feel safe in the world.



Programming UPDATES

OFFSITE GROUPS



Visitainer
Thourea Park Elementary
Olmsted Falls Middle School
Valley Forge High School
Parma High School
LifeBanc



DAY PROGRAMS & CAMPS

Fairview Park Library Summer Camp
Laura's Home Summer Camp
Parma Library Summer Camp
South Euclid Library Grief Series
Warrensville Library Summer Camp
Strongsville UMC Art Camp
S.K.I.P. at Nehemiah Mission

Ridge Brook Elementary
LifeBanc Grief Group

COMMUNITY SUPPORTERS

Cuyahoga Arts and Culture
Medical Mutual of Ohio Charitable Foundation
St. Luke's Foundation
Mt. Sinai Health Care Foundation

Topics Covered

**DID YOU KNOW
P.A.L.S. HAS
RUN GROUPS OR
PRESENTED ON:**

Art and Movement Therapy
Empowerment
Teen Mental Health
Art with Attitude
EMDR Therapy
Homelessness in the Schools
Art Grief Therapy
Trauma, Grief and
Implications for Foster Care
Children Left Behind: Kids
with Incarcerated Parents
Grief vs. Trauma in schools
Families Affected by
Substance Use



Individual COUNSELING

IN 2018

230 Individuals were seen in 2263 individual appointments at our 3 locations, Laura's Home Crisis Shelter and Cuyahoga County schools.

PRO-BONO SERVICES

\$24,458.97 in partial or full assistance was provided to underserved individuals and families who could not afford services.