



Center for
Transforming Lives
From Poverty to Prosperity. Together.



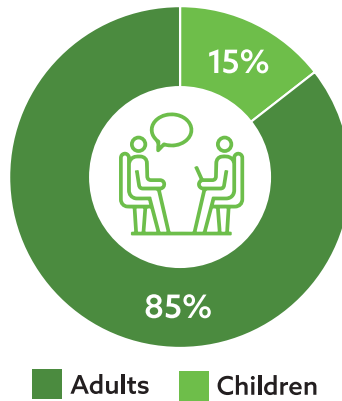
Clinical Counseling Services

15% of Tarrant County children have experienced two or more traumatic events, which can impact their development, health and long-term academic success.

Trauma includes abuse, neglect, or family dysfunction. It overwhelms a person's ability to cope and has adverse effects on an individual's function and well-being. Both adults and children who live in poverty are at higher risk for depression, anxiety, and similar mental health problems.

Center for Transforming Lives offers clinical counseling services designed to improve the emotional health of women, children and families who have experienced trauma. Our team of licensed therapists provide evidence-based, trauma informed care through individual counseling and group therapy. Our two-generational approach works to:

- REDUCE DEPRESSION, ANXIETY AND OTHER SYMPTOMS OF TRAUMA
- IMPROVE COPING SKILLS
- STRENGTHEN FAMILY RELATIONSHIPS
- BUILD CONFIDENCE IN ABILITY TO SUCCEED



2023 BY THE NUMBERS

93%

REPORTED REDUCED TRAUMA SYMPTOMS AFTER RECEIVING CLINICAL COUNSELING SERVICES

1,611

HOURS OF CLINICAL TREATMENT

107

ADULT PARTICIPANTS

19

CHILD PARTICIPANTS

\$454,613

BUDGET

\$39,355

GAP