



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 challenges.

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**



## 2025 BY THE NUMBERS

**137**

**ADULTS SERVED**

**43**

**CHILDREN SERVED**

**3,019**

**HOURS OF CLINICAL COUNSELING WERE PROVIDED**

**86%**

**SHOWED A REDUCTION IN TRAUMA SYMPTOMS**

**\$524,072**

**BUDGET**

**\$61,855**

**GAP**