



**KATY CARES 2024 IMPACT REPORT**

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Katy Cares: A Lifeline for Single Parents

Katy Cares offers unwavering support to single parents navigating the enduring challenges of trauma. Since 2016, we have been a beacon of hope and a trusted refuge for countless single-parent families, providing them with holistic, faith-based, trauma-informed therapeutic programs. Our services include coaching, counseling, mentoring, and comprehensive training tailored to foster resilience and healing.

We transform hope into a tangible reality by creating a safe, welcoming environment and delivering essential support services that make a lasting impact. With the backing of our community, we remain on the front lines, steadfastly guiding single-parent families toward lasting hope and healing. Through empowerment and dedicated care, we are driving meaningful change and helping families build brighter futures.

Katy Cares: WHERE HOPE IS AT HOME.

Award-winning nonprofit, acclaimed for excellence providing certified outcomes-based parenting programs.



## OUR PURPOSE

Established in 2016, Katy Cares is a 501(c)(3) nonprofit dedicated to addressing the needs of our community's most vulnerable members: single-parent families.

## OUR CLIENTS

Single-parent families navigating through life-altering events like domestic violence, abuse, separation, divorce, and financial challenges arising from marital status, loss of employment, income, child support, and natural disasters.

## OUR VISION

To successfully implement a faith-based life plan where single-parent families find a pathway to grow, develop, participate, and reach their fullest potential in physical, spiritual, mental, and social aspects of life.

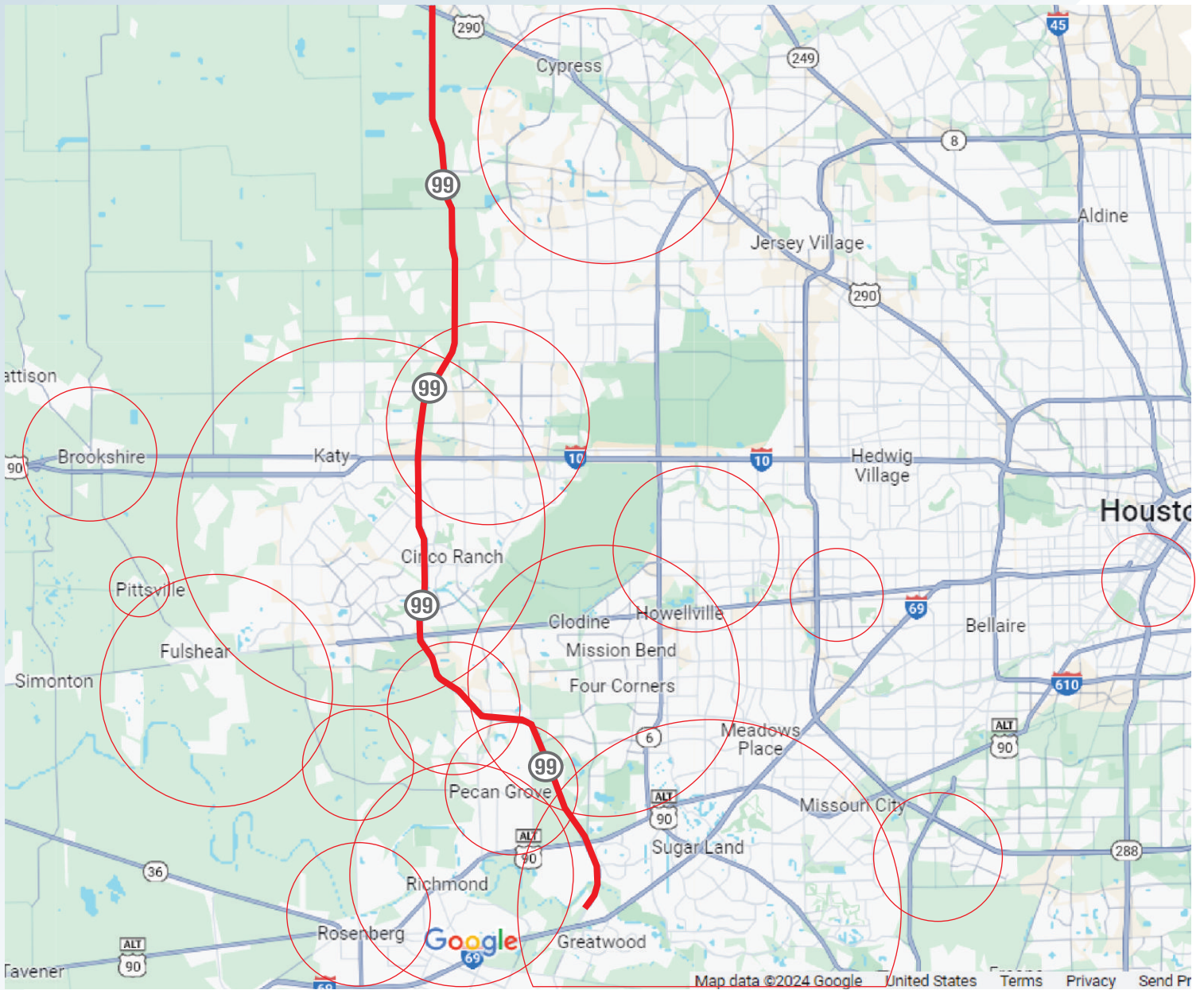
## OUR MISSION

To equip single-parent families with faith-based social, emotional, and parenting skill sets to enable them to become emotionally resilient, socially independent, and competent to engage meaningfully with society.

## OUR SERVICES

We offer trauma-informed therapeutic mentoring, counseling, coaching, and training programs, along with vital support services.

## OUR COMMUNITY IMPACT



Katy Cares is actively engaged in **Fort Bend and neighboring Counties**, serving single-parent families, mostly along the western Grand Parkway/Texas 99 corridor and beyond.

Our Programs cater to communities in diverse cities and neighborhoods, including **Katy, Richmond, Pecan Grove, Fulshear, Rosenberg, Brookshire, Sugar Land, Missouri City, Stafford, Mission Bend, Sienna, Houston, Cypress, Spring, The Woodlands, and Conroe.**

Our extensive presence ensures our certified evidence-based programs and essential support initiatives have a widespread and meaningful impact.

# OUR IMPACTFUL PROGRAMS



**READY, SET, GO!** is a nine-module, community-based, certified evidence-based program designed specifically for single-parent families. It aims to prevent harsh parenting practices by offering effective strategies to foster healthy relationships, build impactful habits, and develop practical skills for navigating family challenges. Participants are supported by a qualified and skilled group facilitator and an individual therapist who guide them in stress management, personal growth, and essential parenting techniques, empowering them to become confident and competent parents. Group sessions create a supportive environment for shared experiences, ongoing growth, and meaningful learning.



**MINDTOWN**  
*The rebound neighborhood*

**MINDTOWN** focuses on empowering individuals to enhance mental health, resilience, and emotional intelligence as effective stress management strategies. The program explores principles of hardiness, coherence, and resilience. Participants evaluate vulnerabilities, co-dependency, and survival behaviors while assessing emotional maturity, cognitive strengths to enhance their mental agility and personal growth.



**ESSENTIAL PARENTING** is a transformative 12-week program designed to empower parents through group conversations and practical strategies for nurturing healthy parent-child relationships. The program fosters personal growth, self-efficacy, and parental competence, creating a supportive environment where parents from diverse backgrounds can share experiences and grow together.

The Face of  
*Trauma*



**THE FACE OF TRAUMA** is an employee wellness program designed for non-profit staff, focusing on trauma, vicarious trauma, and resilience in both personal and professional contexts. It guides participants in understanding the origins of trauma, addressing burnout, and implementing trauma-informed strategies to build self-awareness, enhance emotional management, and foster resilience while cultivating supportive workplace environments.



**GROW THROUGH LIFE: SKILLS UPGRADE FOR TEENS** is a holistic program that helps teenagers build essential skills, strengthen protective factors, and develop interpersonal and family awareness for a smooth transition to adulthood.



**SAFARI ADVENTURE: SOCIAL LEARNING EXPERIENCES FOR KIDS** is a program for elementary children, focusing on emotional resilience, self-awareness, and social skills through engaging group activities.


**BLOOM: Blossoming Futures for Teen Mothers** Embarking on motherhood as a teenager can be both exhilarating and challenging. Pregnant teen mothers will be connected with other teen moms-to-be, offering tools and knowledge to navigate motherhood. Through discussions on childcare, communication, co-parenting, and maintaining friendships, Bloom equips them to foster healthy relationships, understand family dynamics, and embrace personal growth.

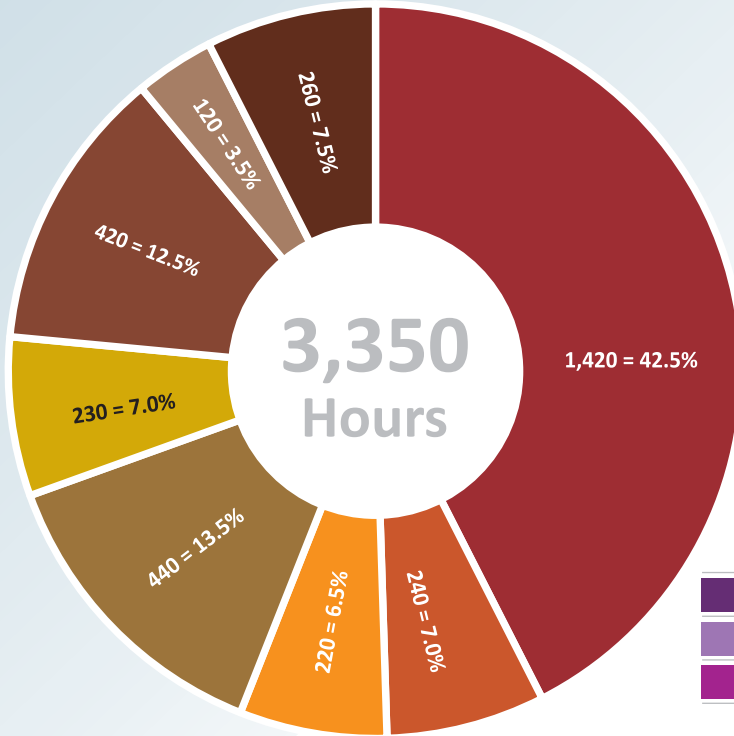


**STRONG: HOME-GROWN LIFE SKILLS** offers practical application activities where parents guide their children in learning age-appropriate life skills within the context of everyday home situations.

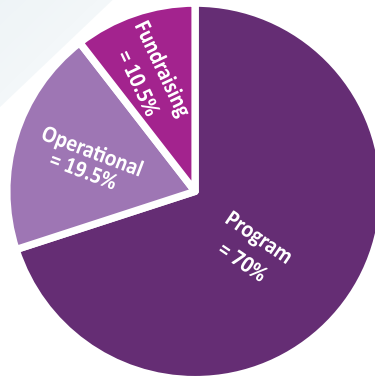


# ACTIVITY HOURS LOGGED/BUDGET ALLOCATION/COUNTIES IMPACTED


 This graph below illustrates the percentage breakdown of the total hours dedicated to activities and services provided.



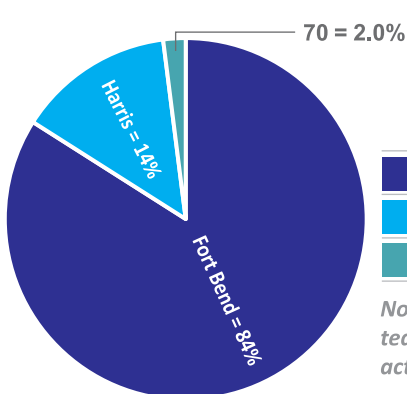

 The graph below provides a breakdown of fund utilization.



### % OF BUDGET \$ 2024

Program:	147,750 = 70.0%
Operational:	44,250 = 19.5%
Fundraising:	24,400 = 10.5%

	% OF HOURS
Individual Therapy/Trauma Counseling:	1,420 = 42.5%
Group Counseling/Mentoring/Training/Coaching Sessions:	240 = 7.0%
Evaluation of Progress/Revisions:	220 = 6.5%
Curriculum/Content Development:	440 = 13.5%
Social Media Updates:	230 = 7.0%
Compilation/Production of Workbooks and Marketing Material:	420 = 12.5%
Donations Picked up/Sorted/Distributed:	120 = 3.5%
Community Engagement/Marketing/Networking:	260 = 7.5%



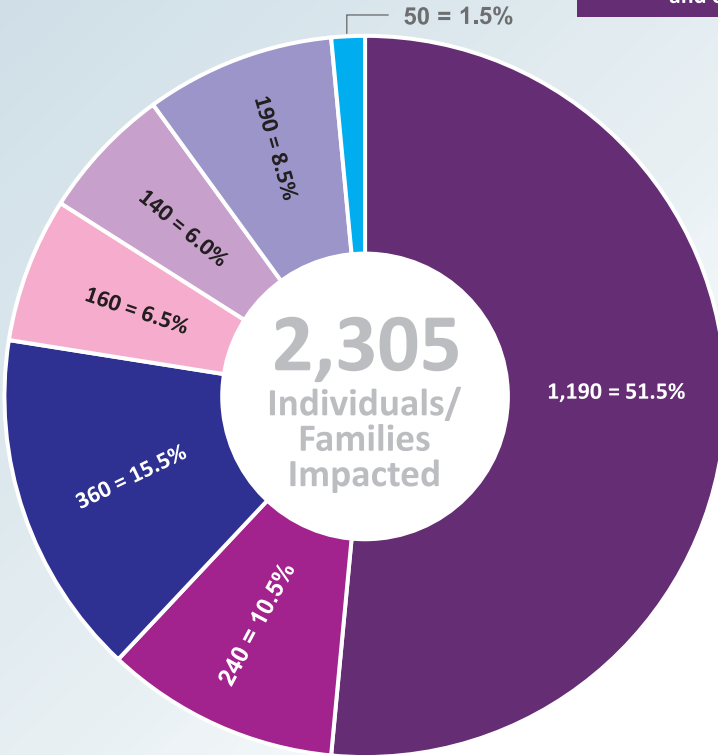

 The graph to the left shows the total active hours of completed activities in each respective county.

	% OF ACTIVITY HOURS
Fort Bend County	2,820 = 84.0%
Harris County	460 = 14.0%
Waller and other Counties	70 = 2.0%

*Note: Activity hours exclude time spent on management and administrative tasks, team interactions between the Therapeutic and Management Team, and liaison activities with volunteers, donors, and service providers.*

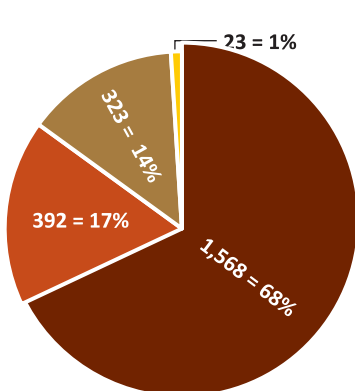
# INDIVIDUALS/POPULATION GROUPS IMPACTED

← The graph to the left highlights how our single-parent families benefitted from our intentional and essential support services.



	% OF ACTIVITIES	
Group Sessions (Individuals):	1,190	= 51.5%
Individual Therapy Sessions (Individuals):	240	= 10.5%
Clothes (Individuals):	360	= 15.5%
School Supplies/Backpacks (Individuals):	160	= 6.5%
Christmas/Thanksgiving/Welcome Baskets (Families) :	140	= 6.0%
Food/Essential Products/Goods (Families):	190	= 8.5%
Furniture (Families):	25	= 1.5%

↓ The graph below illustrates the distribution of clients served across different population



% OF PROGRAM PARTICIPANTS			
African American:	Women = 32.0%	Children = 36.0%	
Latino/Hispanic:	Women = 6.0%	Children = 11.0%	
White:	Women = 6.0%	Children = 8.0%	
Asian:	Women = 0.3%	Children = 0.7%	
African American:			Total = 68.0%
Latino/Hispanic:			Total = 17.0%
White:			Total = 14.0%
Asian:			Total = 1.0%

# COMPARISON, OVERVIEW AND INTERPRETATION

By following a human-centered design approach and prioritizing measurable outcomes through evidence-based programs, the demand for our services continues to grow year after year.

As a result, our impact in Fort Bend County expanded from 76% to 84%. Despite maintaining the same staff size, their productivity significantly increased in 2023.

## KEY HIGHLIGHTS

### Individuals Impacted

A 5% increase in impact has allowed us to reach 2,305 individuals this year, compared to 2,190 previously—positively affecting 115 more lives.

### Service Hours Rendered

Total service hours for single-parent families rose by 18%, increasing from 2,760 to 3,350 hours.

### Group Counseling

Hours dedicated to group counseling grew by 6%, from 1,335 to 1,420 hours.

### Individual Therapy and Counseling

These hours saw a remarkable 46% increase, rising from 165 to 240 hours.

### Evaluation of Progress and Revision

Hours spent evaluating progress and revising the curriculum increased by 22%, from 180 to 220 hours.

### Curriculum and Content Development

Development hours surged by 69%, increasing from 260 to 440 hours.

### Workbook Compilation and Production

Workbook design, development and production hours nearly doubled to support the updated and new curriculum, increasing by 92% from 120 to 230 hours.

These metrics underscore our programs' growing impact and efficiency, demonstrating the value of continuous innovation, intentional intervention, and commitment to our mission.

## Empowering Transformation

We thank our donors, funders, and non-profit partners for their unwavering support, generous contributions, and invaluable collaboration. Their commitment has been instrumental in achieving the successes outlined above. Because our community believe in our vision:

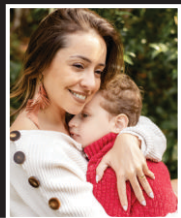
- Families in need have received more significant support than ever before.
- Critical programs have expanded, positively impacting lives across Fort Bend and other Counties.
- Innovative curricula and essential support services continue to evolve, ensuring meaningful and measurable outcomes.

Your partnership enables us to serve our community with excellence, compassion, and innovation. Together, we are making a difference—one family, one home, one hour, one step at a time.

We thank you for being part of this journey. We look forward to continuing our work together to create lasting change in the lives of those we serve. **Katy Cares, where HOPE IS AT HOME!**



Just scan the QR code to make a donation and support these single-parent families.



## IMPACTFUL OUTCOMES

"I've started focusing on explaining the reasons behind my requests instead of just enforcing consequences. This new approach is reshaping how I guide and discipline my children, making our interactions more meaningful and effective."

"I've grown so much in how I communicate with my children—it's more intentional and effective than I ever thought possible. Applying the skills from this program has brought real, positive changes to our family life. I've been encouraging other single moms I know, and even my ex, to take part in this journey because the difference it's made is undeniable."

"The Ready, Set, Go! Parenting Program gave me practical tools to improve how I connect with my kids every day. I now feel more confident in managing their behaviors and understanding their needs with patience and clarity."

"Through the Parenting Program, I've gained a deeper awareness of how my family operates. The coaching and counseling shifted my perspective on discipline from what I grew up with to one that reflects the values I want to pass on to my kids."

**Katy Cares, Inc.**  
501(C)(3) Non-Profit Organization  
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