



**KATY CARES IMPACT REPORT 2025**



Rebuilding lives. Renewing hope.



Where healing begins  
and hope grows.

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**Katy Cares: Empowering Single-Parent Families Through Trauma-Informed Support**

Single-parent families often face overwhelming challenges — financial instability, social isolation, and the lasting effects of trauma. Since 2016, Katy Cares has walked alongside these families, providing the specialized support they need to heal, grow, and thrive.

Through certified, evidence-based Parenting and Personal Development Programs, we equip parents with the tools to build healthy families, strengthen resilience, and move toward long-term stability.

Our services include trauma-informed parenting education, professional counseling and mentoring, and personal development coaching — all designed to help single-parent families overcome adversity and build a stronger future.

At Katy Cares, we do more than provide services — we restore hope, strengthen families, and create pathways to lasting change.

## ORGANIZATIONAL OVERVIEW



### OUR PURPOSE

Since 2016, Katy Cares has served as a 501(c)(3) nonprofit dedicated to supporting single-parent families — among our community's most vulnerable populations — through Trauma-informed Care and Evidence-based Programs.

### OUR CLIENTS

We serve single-parent families facing critical life challenges, including: Domestic violence and abuse, separation and divorce, economic hardship from job loss, reduced income, or loss of child support and other trauma stemming from changes in marital, relationship or family status.

### OUR VISION

A world where no single-parent family walks alone — where faith, healing, and hope open the door to a life lived fully.

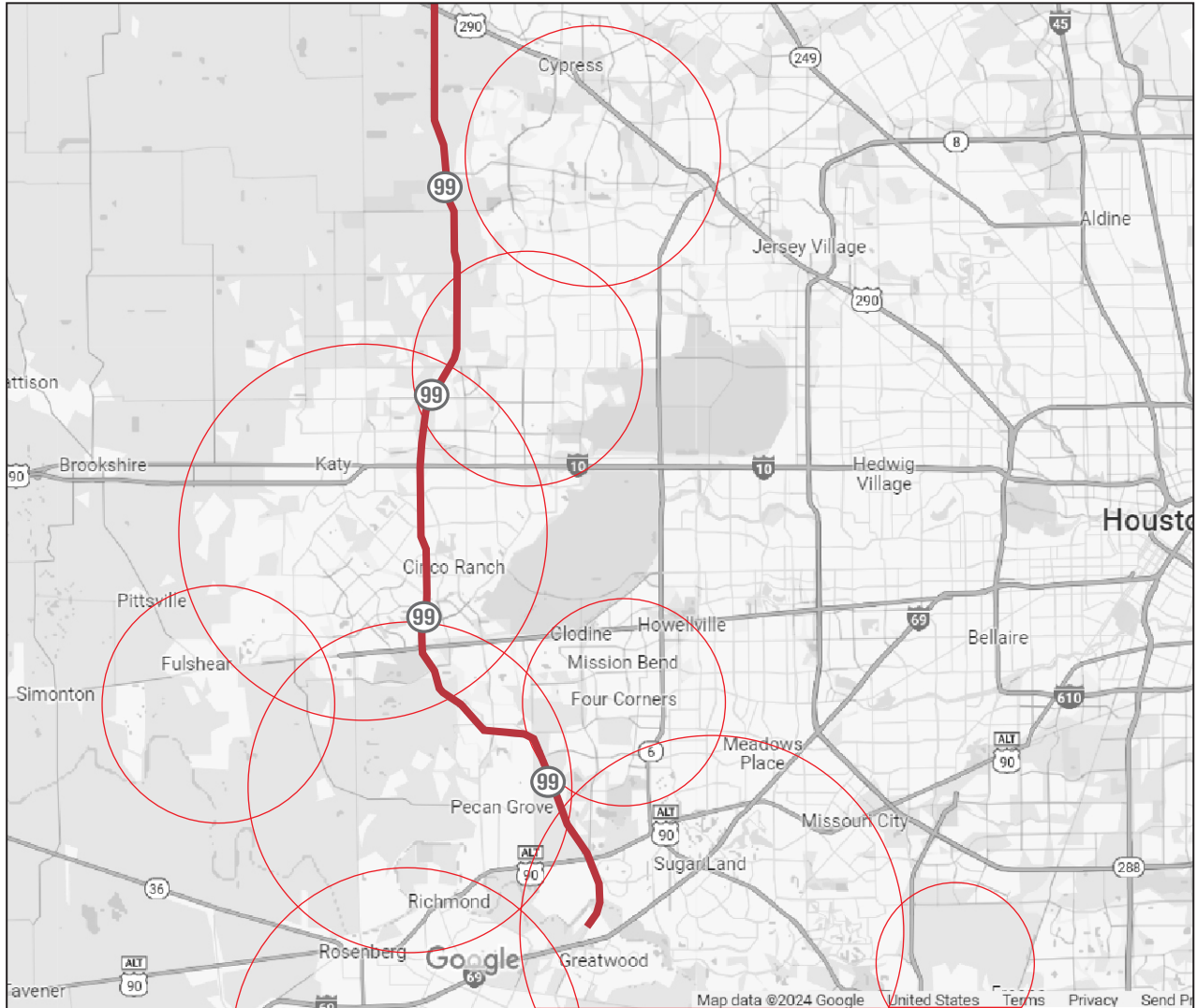
### OUR MISSION

Where single-parent families find hope and healing.

### OUR SERVICES

We provide comprehensive, trauma-informed support through: Licensed therapeutic counseling; Personal development coaching and mentoring; Evidence-based parenting programs; Life skills training; and essential support services that address immediate and long-term family needs.

## GEOGRAPHIC SERVICE AREA AND COMMUNITY REACH



### OUR COUNTIES

- Service area: Fort Bend (primarily) and Harris County, western Grand Parkway/Texas 99 corridor.
- 97% service concentration in Fort Bend County and 3% in Harris County.

### OUR COMMUNITIES

- Cities and neighborhoods served: Katy, Richmond, Pecan Grove, Fulshear, Rosenberg, Brookshire, Sugar Land, Missouri City, Stafford, Mission Bend, Sienna and Needville.
- Expanded reach: Houston, Cypress, Spring, Woodlands, Conroe, Waller and Brookshire.

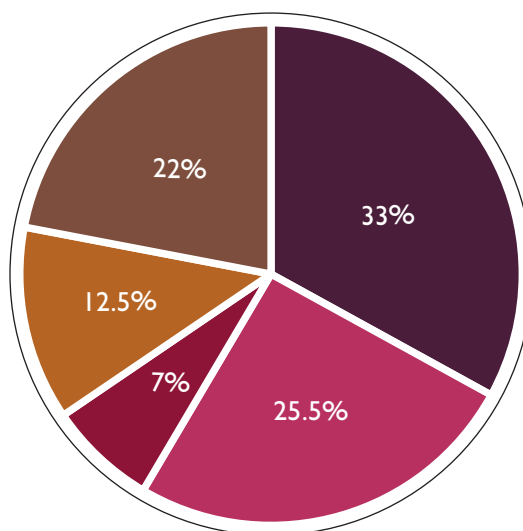
### OUR PROGRAMS

- Certified evidence-based therapeutic, parenting and personal development programs.
- Essential wraparound tactical support services and connection to community resources.
- Transitional housing, healthcare and financial acumen.

## SERVICE HOURS IMPACT

### SERVICE DELIVERY SUMMARY

During the reporting period, Katy Cares delivered 3,921 total service hours supporting single-parent families through trauma-informed services and community-based support. Direct client services accounted for 33% (1,275 hours), including counseling, mentoring, and home visits that provided individualized support to families in crisis. An additional 25.5% (1,028 hours) was dedicated to program development and quality improvement, strengthening curriculum, assessment, and educational resources. Community and volunteer engagement (12.5%) mobilized volunteers and partnerships that expanded family support networks, while 7% of efforts supported fundraising to sustain program operations. The remaining 22% supported management and operational functions, ensuring effective service coordination, housing application assistance, and program administration.



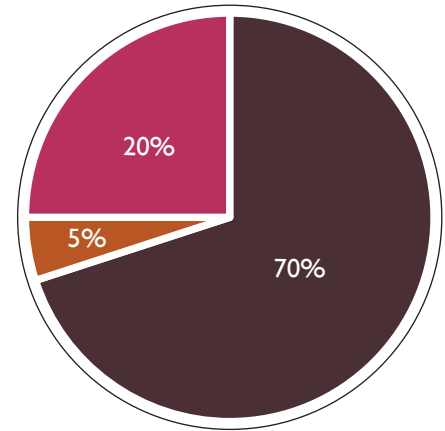
### BREAKDOWN OF SERVICE ACTIVITY HOURS

<b>1</b>	<b>DIRECT CLIENT SERVICES 1,275 hrs (33.0%)</b>		
•	Individual Therapy / Trauma Counseling Sessions (419)	518	= 13.5%
•	Group Counseling / Mentoring / Training / Coaching Sessions (403)	605	= 15.5%
•	House Visits (202)	152	= 4.0%
<b>2</b>	<b>PROGRAM DEVELOPMENT AND QUALITY 1,028 hrs (25.5%)</b>		
•	Assessment / Evaluation / Reporting	132	= 3.0%
•	Curriculum / Content Development / Revisions	411	= 10.5%
•	Compilation / Production of Workbooks / Marketing Material	187	= 4.5%
•	Social Media Updates (334)	298	= 7.5%
<b>3</b>	<b>FUNDRAISING 280 hrs (7.0%)</b>		
•	Fundraising Events (5)	280	= 7.0%
<b>4</b>	<b>COMMUNITY AND VOLUNTEER ENGAGEMENT 475 hrs (12.5%)</b>		
•	Community Engagement / Marketing / Networking (55)	72	= 2.0%
•	Donations Picked Up / Sorted / Distributed (68)	93	= 2.5%
•	Volunteer Events (8 = 76 Volunteers)	310	= 8.0%
<b>5</b>	<b>MANAGEMENT AND SUPPORT FUNCTIONS 863 hrs (22.0%)</b>		
•	Management / Administration	510	= 13.0%
•	Telephone Enquiries (1,402)	234	= 6.0%
•	Housing Applications Reviewed / Processed (356)	119	= 3.0%
<b>TOTAL HOURS</b>		<b>3,921</b>	<b>= 100.0%</b>

# INDIVIDUALS AND POPULATION GROUPS IMPACTED

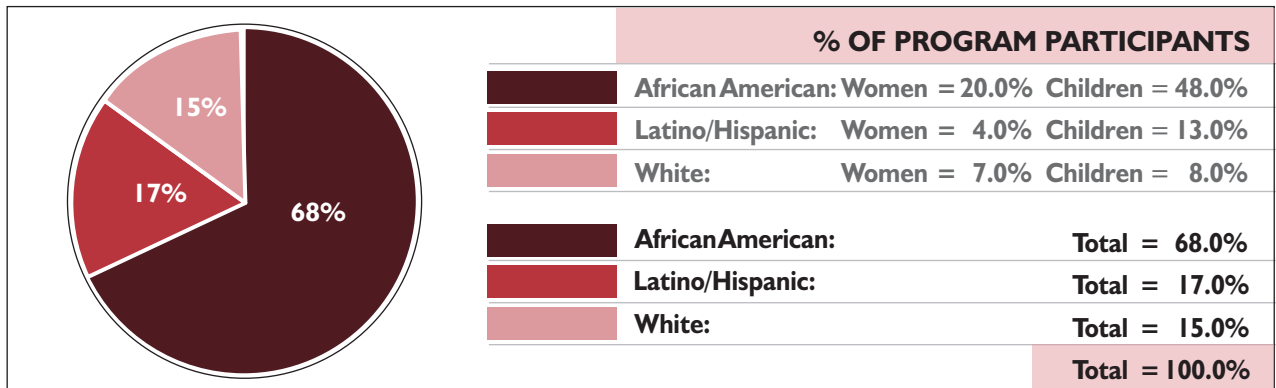
## CLIENT IMPACT SUMMARY

During the reporting period, Katy Cares served 2,387 individuals through trauma-informed counseling, including mentoring, coaching and essential family support programs for single-parent households. Group counseling accounted for 52.5% of engagement, while individual therapy (17.5%) provided personalized support for trauma recovery, parenting, and family stability. Katy Cares also provided practical assistance — including school supplies, food support, clothing, furniture, and seasonal family resources — helping stabilize households while families worked toward long-term resilience. Program participants were primarily African American families (63%), followed by Latino/Hispanic (17%) and White (15%). Through integrated mental health support and essential resources, Katy Cares helps families move from crisis toward stability and independence.



## BREAKDOWN OF SERVICES

<b>1</b>	<b>THERAPEUTIC SERVICES</b> 1,676 clients (70.0%)	1,676	70.0%
●	Group Sessions (Individuals/Duplicated)	1,257	= 52.5%
●	Individual Therapy Sessions (Individuals/Duplicated)	419	= 17.5%
<b>2</b>	<b>ESSENTIAL SERVICES</b> 116 clients (5.0%)	116	= 5.0%
●	Christmas / Thanksgiving Welcome Baskets (Families)	64	= 2.5%
●	Food / Essential Products / Goods / Groceries (Families)	52	= 2.5%
<b>3</b>	<b>TACTICAL SUPPORT SERVICES</b> 295 clients (25.0%)	295	12.5%
●	School Supplies / Backpacks (Individuals)	135	= 5.5%
●	Vehicle Repairs / Maintenance / Rental Assistance / Gift Cards	29	= 1.5%
●	Clothes (Individuals)	413	= 17.5%
●	Furniture (Families)	18	= 0.5%
<b>TOTAL CLIENTS (Duplicated)</b>		<b>2,387</b>	<b>100.0%</b>
<b>TOTAL CLIENTS (Unduplicated)</b>		<b>1,122</b>	



# OUR FLAGSHIP PROGRAMS, MODULES AND COMPONENTS

## PRIMARY PROGRAMS

### READY, SET, GO! PARENTING AND PERSONAL DEVELOPMENT

**Target:** Single parents navigating stress, trauma, and evolving family needs.

**Description:** A ten-module, certified, evidence-based Program building parental competence through a mastery-based model. Participants receive support from qualified group facilitators and an individual therapist. Pacing adapts to individual trauma levels, learning goals, and comprehension speed.

### MINDTOWN PERSONAL DEVELOPMENT

**Target:** Parents building mental strength, resilience, and emotional intelligence.

**Description:** Empowers individuals through stress-management strategies exploring hardiness, coherence, and resilience. Participants evaluate vulnerabilities, co-dependency, thinking patterns, and core beliefs — building the mental fortitude essential for effective parenting.

### ESSENTIAL PARENTING

**Target:** Single parents during and after separation or divorce.

**Description:** A 12-week Program equipping parents with trauma-informed strategies to help children process change, manage emotions, and build resilience. Covers communication, positive discipline, emotional regulation, and consistency during uncertain times.

### ENDING TRAUMA

**Target:** Victims of abuse and violence in shelter, in partnership with Fort Bend Women's Center.

**Description:** Ten sessions over 5–6 weeks exploring how trauma shapes daily life and how the brain stores traumatic memories. Establishes resilience strategies, reframing techniques, and healthy emotional processing while rebuilding self-worth, trust, and safety.

### THE FACE OF TRAUMA

**Target:** Nonprofit caregivers and Ministry staff serving trauma-impacted individuals.

**Description:** Addresses vicarious trauma, compassion fatigue, and burnout in helping professionals. Six structured themes cover professional boundaries, trauma-informed care, cognitive distortions, and personal resilience — grounded in Biblical foundations for sustainable service.

### AT HOME RESIDENTIAL PROGRAM

**Target:** Single mothers experiencing homelessness in transitional housing.

**Description:** A trauma-informed 12-week Program across seven residential homes — Fort Bend County's only transitional housing exclusively for homeless single mothers. Wraparound services include individual therapy, group counseling, life skills, and financial coaching to build lasting family stability.

## SECONDARY PROGRAMS

### SAFARI ADVENTURE: SOCIAL SKILLS FOR KIDS

**Target:** Elementary-aged children (ages 5–11) from single-parent or vulnerable households.

**Description:** A small-group Program using a playful adventure theme to teach social and emotional skills while nurturing godly character and resilience. Integrates emotional intelligence, pro-social behavior, and family support to address developmental challenges young children face.

### GROW THROUGH LIFE: LIFE SKILLS FOR TEENS

**Target:** Preteens and teenagers (ages 10–17) navigating emotional, social, or behavioral challenges.

**Description:** A theme-based Program grounded in psychologically validated best practices. Through peer-group mentoring, youth build practical life skills — fostering identity formation, emotional resilience, relational maturity, and moral character on a guided discipleship pathway.

## 2025: THE YEAR IN REVIEW: WHAT IS NEXT

### PARTNERSHIPS AND REACH

In 2025, Katy Cares served 1,122 unduplicated clients (2,387 service instances) through strategic partnerships with Abigail's Place, Fort Bend Women's Center, United Way, Helping Hands, Katy Christian Ministries, Fort Bend Family Promise, Clothed by Faith, San José Clinic and Pharmacy, Christ Clinic, Keturah's Haven, and Adira Clinic. This coordinated network eliminated service gaps, reduced access barriers, and created seamless pathways from crisis to stability across Fort Bend and Harris County.

### SERVICE DISTRIBUTION

Group programming was the largest service category at 52.5% (1,257 instances), reflecting our emphasis on peer support and evidence-based parenting education. Individual therapy accounted for 17.5% (419 instances). Essential support services included clothing (413 individuals), school supplies (135), holiday baskets (64 families), groceries (52 families), vehicle assistance (29 instances), and furniture (18 families). **DEMOGRAPHICS** African American families represented 68% of participants, Latino/Hispanic families 17%, and White families 15% — reflecting Katy Cares' intentional commitment to communities disproportionately affected by poverty, trauma, and housing instability.

### IMPACT AND REACH

Katy Cares' integrated model combines clinical interventions (70% of services) with essential material support (30%) to remove participation barriers while building long-term family stability. Strong group engagement reflects cost-effective delivery, supported by robust individual therapeutic capacity for complex trauma cases.

### THE WAY FORWARD

Building on 2025's measurable impact, Katy Cares is positioned for purposeful, strategic growth. We are actively expanding our Parenting and Personal Development Programs to additional non-profits across Fort Bend County, deepening our reach into communities where the need is greatest. Simultaneously, we are adapting core components of our MindTown curriculum into a dedicated workplace wellness and resilience program for the business sector — equipping employees and executives with the tools to reduce absenteeism, strengthen personal resilience, elevate organizational performance, and cultivate the relational intelligence that defines exceptional leadership. The business case is compelling and the bottom-line benefits are measurable. We are also developing an online platform to bring our evidence-based curriculum to audiences well beyond our geographic boundaries. Together, these initiatives represent not only a broader mission footprint, but meaningful new revenue streams that will secure Katy Cares' long-term financial sustainability — and ultimately allow us to serve more families, in more places, than ever before.

### RECOGNIZED FOR EXCELLENCE

#### 2023:

- Non-Profit Organization of the Year (NIA)
- Community Advocate of the Year (The Links, Inc.)
- Best Single-Parent Family Support Organization (Global 100 & Acquisition International)

#### 2024:

- Best Single-Parent Family Advocacy South East Texas (Acquisition International)
- Best Single-Parent Family Support Organization (Corporate America Today)

#### 2025:

- Best Single-Parent Family Support Organization (M&A Today Global Awards and Global 100)

#### 2026:

- Candid (GuideStar) Platinum Level — The highest level of non-profit transparency certification.

## TESTIMONIALS



### TRANSFORMING FAMILIES

**“My children actually listen now—because I learned to explain, not just enforce.”**

*“Instead of defaulting to punishment, I now take time to help my kids understand why. That simple shift has completely changed our relationship. Our home is calmer, and my children are learning, not just obeying out of fear.”*

**“This program didn't just change how I parent—it changed who I am as a mother.”**

*“The difference has been so profound that I've told every single mom I know—even my ex—that they need this. My communication with my kids is intentional now, not reactive. I finally have the tools I desperately needed, and our family is thriving because of it.”*

**“I went from feeling overwhelmed to feeling capable.”**

*“The Ready, Set, Go! program gave me real, practical strategies I could use immediately. Now when challenging behaviors come up, I don't panic—I have clarity and confidence. I understand what my kids need, and I know how to respond.”*

**“I'm breaking generational cycles I never thought I could escape.”**

*“The discipline I grew up with isn't what I want for my children. Through this program's coaching and counseling, I've completely reframed how I approach parenting. I'm building something different—something healthier—for my family's future.”*

**“My kids have a different mother now—a better one.”**

*“I've stopped yelling. I listen first. I respond with patience instead of frustration. The transformation in our home has been remarkable—my children feel heard, our bond is stronger, and I finally feel like the mother I always wanted to be.”*

**Please scan the QR Code to help transform lives — every gift builds resilience, restores hope, and creates brighter futures for single-parent families.**



**Building resilience,  
mental strength, and parental  
competency in single-parent families.**





Platinum  
Transparency  
2026

**Candid.**

**Katy Cares, Inc.**  
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