EVIDENCE-BASED CERTIFIED PARENTING PROGRAMS

KATY Where hope is at home Cares



KATY CARES IMPACT REPORT

October 2025 - October 2026






Rebuilding lives. Renewing hope.

THERE IS HOPE...



Where healing begins,
and hope grows.

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A DECADE OF HOPE. A YEAR OF GREATER IMPACT.

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.

From October 2025 through October 2026, that commitment reached further than ever: we served more families each week, delivered seven programs across ten partner organizations, churches, and sites, launched a new Christian Counseling Component, and provided thousands of hours of trauma-informed care.

Through certified, evidence-based Parenting and Personal Development Programs, professional counseling and mentoring, and personal development coaching, we equip single parents to build healthy families, strengthen resilience, and move toward long-term stability. At Katy Cares, we do more than provide services—we restore hope, strengthen families, and create pathways to lasting change.

DRIVEN BY COMPASSION



OUR PURPOSE

Since 2016, Katy Cares has served as a 501(c)(3) non-profit dedicated to supporting single-parent families — among our community's most vulnerable populations — through trauma-informed care and certified, 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.

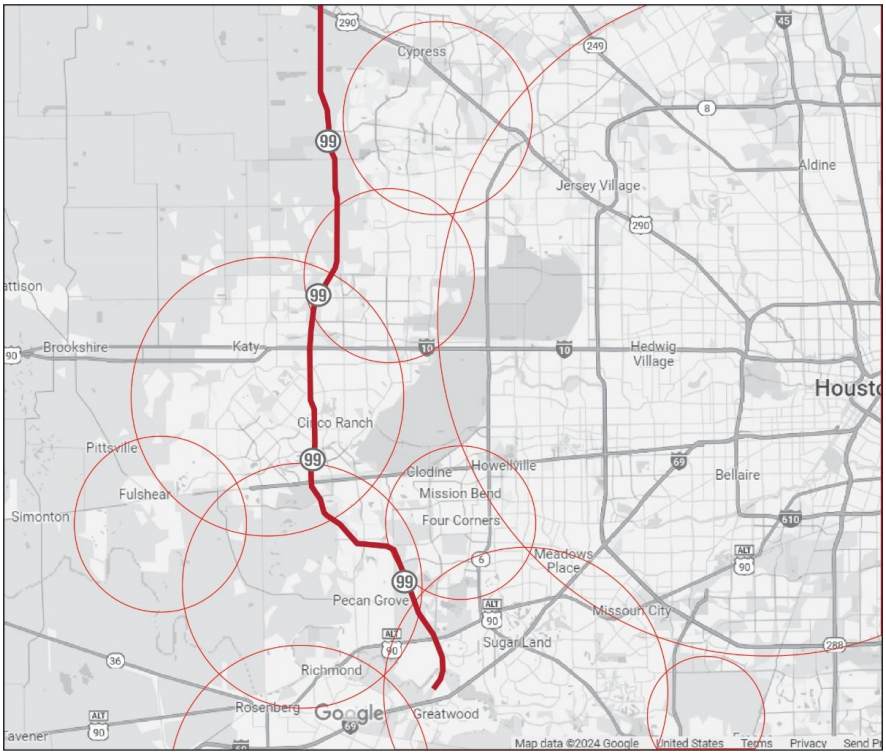
OUR MISSION

Where single-parent families find hope and healing.

OUR SERVICES

At Katy Cares, we walk alongside single-parent families with compassion, helping them heal, rebuild confidence, and rediscover hope. Through trauma-informed counseling, evidence-based parenting programs, personal development, mentoring, home visits, and essential support services, we address immediate challenges while empowering parents and children to build stronger, healthier, more resilient families and futures.

WHERE WE SERVE. HOW WE MAKE A DIFFERENCE.



OUR COUNTIES

- Service area: Primarily Fort Bend County and West Harris County along the western Grand Parkway (Texas 99) corridor, with clients also served from the greater Harris, Montgomery, and Waller Counties. Program sites in 2026 (primarily): Katy Cares cohorts (online and in person), Fort Bend Women's Center Shelter, Abigail's Place Transitional Homes, and the Fort Bend Rio Bend Center.

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, The Woodlands, Conroe, and Waller.

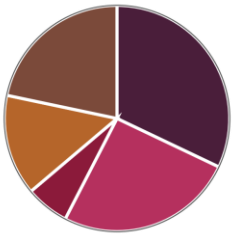
OUR PROGRAMS

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

EVERY HOUR COUNTS. EVERY FAMILY MATTERS.

SERVICE DELIVERY SUMMARY

From October 2025 through October 2026, Katy Cares delivered 4,865 service hours supporting single-parent families through trauma-informed services and community-based support. Direct client services account for 32.0% (1,559 hours), including counseling, mentoring, and house visits that provide individualized support to families in crisis. An additional 25.5% (1,243 hours) supported curriculum development, evaluation, assessment, and educational resources. Community and volunteer engagement (14.5%) mobilized volunteers and partnerships, 6.3% sustained program operations through fundraising, and the remaining 21.7% supported management, telephone inquiries, housing application assistance, and program administration.



Direct Client Services	32.0%
Program Development and Quality	25.5%
Fundraising	6.3%
Community and Volunteer Engagement	14.5%
Management and Support	21.7%

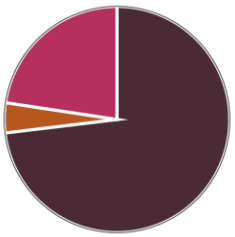
BREAKDOWN OF SERVICE ACTIVITY HOURS

1	**DIRECT CLIENT SERVICES 1,559 hrs (32.0%)**			
•	Individual Therapy / Trauma Counseling Sessions (512)	**633**	=	**13.0%**
•	Group Counseling / Mentoring / Training / Coaching Sessions (493)	**740**	=	**15.2%**
•	House Visits (247)	**186**	=	**3.8%**
2	**PROGRAM DEVELOPMENT AND QUALITY 1,243 hrs (25.5%)**			
•	Assessment / Evaluation / Reporting	**161**	=	**3.3%**
•	Curriculum / Content Development / Revisions	**503**	=	**10.3%**
•	Compilation / Production of Workbooks / Marketing Material	**229**	=	**4.7%**
•	Social Media Updates (392)	**350**	=	**7.2%**
3	**FUNDRAISING 304 hrs (6.3%)**			
•	Fundraising Events (5)	**304**	=	**6.3%**
4	**COMMUNITY AND VOLUNTEER ENGAGEMENT 703 hrs (14.5%)**			
•	Community Engagement / Marketing / Networking (153)	**187**	=	**3.9%**
•	Donations Picked Up / Sorted / Distributed (85)	**116**	=	**2.4%**
•	Volunteer Events (26 = 98 Volunteers)	**400**	=	**8.2%**
5	**MANAGEMENT AND SUPPORT FUNCTIONS 1,056 hrs (21.7%)**			
•	Management / Administration	**624**	=	**12.8%**
•	Telephone Inquiries (1,715)	**286**	=	**5.9%**
•	Housing Applications Reviewed / Processed (435)	**146**	=	**3.0%**
TOTAL HOURS		**4,865**	=	**100.0%**

MEASURING LIVES TOUCHED

CLIENT IMPACT SUMMARY

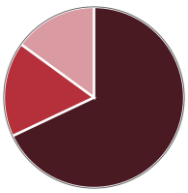
From October 2025 through October 2026, Katy Cares served 1,318 unduplicated individuals (2,803 service instances) through trauma-informed counseling, mentoring, coaching, and essential family support for single-parent households. Group sessions account for 54.8% of engagement, while individual therapy (18.3%) provides personalized support for trauma recovery, parenting, and family stability. Practical assistance—school supplies, food support, clothing, furniture, and seasonal family resources—helps stabilize households while families work toward long-term resilience.



Therapeutic Services	73.1%
Essential Services	4.3%
Tactical Support Services	22.6%

BREAKDOWN OF SERVICES

1	**THERAPEUTIC SERVICES** 2,049 clients (73.1%)			
•	Group Sessions (Individuals/Duplicated)	1,537	=	54.8%
•	Individual Therapy Sessions (Individuals/Duplicated)	512	=	18.3%
2	**ESSENTIAL SERVICES** 120 clients (4.3%)			
•	Christmas / Thanksgiving Welcome Baskets (Families)	64	=	2.3%
•	Food / Essential Products / Goods / Groceries (Families)	56	=	2.0%
3	**TACTICAL SUPPORT SERVICES** 634 clients (22.6%)			
•	School Supplies / Backpacks (Individuals)	135	=	4.8%
•	Vehicle Repairs / Maintenance / Rental Assistance / Gift Cards	31	=	1.1%
•	Clothes (Individuals)	448	=	16.0%
•	Furniture (Families)	20	=	0.7%
TOTAL CLIENTS (Duplicated)		2,803	=	100.0%
TOTAL CLIENTS (Unduplicated)		1,318		



% OF PROGRAM PARTICIPANTS (2025 PROFILE)			
African American:	Women = 20.0%	Children = 48.0%	Total = 68.0%
Latino/Hispanic:	Women = 4.0%	Children = 13.0%	Total = 17.0%
White:	Women = 7.0%	Children = 8.0%	Total = 15.0%

EXPANDING OUR REACH. STRENGTHENING OUR IMPACT.

PARTNERSHIPS AND REACH

From October 2025 through October 2026, Katy Cares served 1,318 unduplicated clients (2,803 service instances) through strategic partnerships with Abigail's Place, Fort Bend Women's Center, Fort Bend Rio Bend Center, Circle of Hope, Fort Bend Family Promise, United Way, Helping Hands, Katy Christian Ministries, Clothed by Faith, San José Clinic, Christ Clinic, Credito Texas, and Workforce Solutions, together with more than 25 additional community resources and a growing network of church partners. This coordinated network closes service gaps, reduces access barriers, and creates pathways from crisis to stability.

GROWING EVERY WEEK

Weekly participation grew by 31% during 2026, from 42 single parents across four organizations in January to 55 across six organizations by October, together with their children ages 2–18. A new partner site, the Fort Bend Rio Bend Center, began programming in June, and the new Christian Counseling Component began seeing clients. Evening sessions are now nearly at capacity, and sessions are offered every other week to accommodate the growing number of program participants.

Active single parents served weekly.



SERVICE DISTRIBUTION

Group programming remains the largest service category at 54.8% (1,537 instances), reflecting our emphasis on peer support and evidence-based parenting education. Individual therapy accounts for 18.3% (512 instances). Essential support includes clothing (448 individuals), school supplies (135), Thanksgiving and Christmas welcome baskets and meals (64 families), groceries (56 families), vehicle assistance (31 instances), and furniture (20 families).

CURRICULUM AND PROGRAM DEVELOPMENT

All Katy Cares curriculum is original and developed in-house. During January–October 2026 alone, the program team, led by Dr. Carousel Pieterse, produced more than 4,400 new original artworks—images, illustrations, infographics, charts, and diagrams—integrated into program workbooks and presentations. Documented new content includes more than 1,000 workbook and application pages, posters, and visual manifestations, and more than 1,200 presentation slides across Ready, Set, Go! Parenting, MindTown, At-Home, Grow Through Life, Ending Trauma, The Benefit Economy, and Understanding and Managing Stress.

Program quality is measured and documented: eleven Ending Trauma session feedback reports, a 23-page summative evaluation of the 2025 Ending Trauma Program presented to the management of Fort Bend Women's Center, and a 46-page Portfolio of Evidence evaluation of the At-Home Program for the Abigail's Place Board of Directors, together with multiple progress reports and quarterly overviews.

PRACTICAL SUPPORT

Between January and October 2026, Katy Cares handled 68 furniture loads, 359 bags and bins of clothing and shoes, and 68 bags and boxes of groceries and household items for families in need. Volunteers furnished five apartments for single parents, and over the full period, about 98 volunteers served across 26 volunteer events.

SURVIVOR SAFETY

Katy Cares joined the Texas Department of Criminal Justice's Integrated Victim Services System (IVSS). Membership provides real-time, confidential notification of changes in offender status — including parole, mandatory supervision, and release — so the team can proactively support safety planning for domestic violence survivors and their families.

COMMUNITY PRESENCE

An estimated 153 meetings with board leadership, partners, churches, businesses, media, and community leaders strengthened relationships across the region. A one-hour K-LOVE Radio interview, with ongoing announcements, reached a network of 20 million weekly listeners across 48 states, and the 2026 Boots and Bling Gala welcomed 144 guests at 18 tables, including five new table sponsors.

DEMOGRAPHICS

African American families represent 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 (73.1% of services) with essential and tactical material support (26.9%) to remove participation barriers while building long-term family stability. Strong group engagement supports cost-effective delivery, while robust individual therapeutic capacity supports complex trauma cases.

PROGRAMS THAT TRANSFORM

PRIMARY

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, with pacing adapted to individual trauma levels, learning goals, and comprehension speed, and delivered through Katy Cares and Abigail's Place, with weekly sessions and as-needed support.

MINDTOWN PERSONAL DEVELOPMENT: THE RE-BOUND NEIGHBORHOOD

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

Description: Empowers individuals through stress-management strategies exploring hardiness, coherence, and resilience. Participants evaluate vulnerabilities, codependency, thinking patterns, and core beliefs—building the mental fortitude essential for effective parenting. Two online cohorts met weekly throughout 2026, supported by an expanded 236-page workbook and new modules on mental toughness and personal vulnerabilities.

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: NAVIGATING TRAUMA WITH KNOWLEDGE AND INSIGHT

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

Description: Explores how trauma shapes daily life and how the brain stores traumatic memories, establishing resilience strategies, reframing techniques, and healthy emotional processing while rebuilding self-worth, trust, and safety. Two weekly groups served shelter residents in 2026, and participants' written session evaluations drove every update.

THE FACE OF TRAUMA

Target: Non-profit 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: A SAFE HOMECOMING

Target: Single mothers experiencing homelessness in transitional housing.

Description: A trauma-informed 12-week program across Abigail's Place 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. In 2026, the program expanded to children through My Brain Factory, a new 52-page emotional intelligence workbook delivered to mothers and children together.

UNDERSTANDING AND MANAGING STRESS

Target: Parents and individuals experiencing stress, particularly those navigating personal challenges, difficult relationships, and family responsibilities.

Description: Several guided workshops designed to help participants understand their personal stress patterns, identify underlying stress habits, and develop practical coping strategies. Eight structured themes address stress assessment, deficiency focusing, unmet needs, brain function, locus of control, personal strengths, and emotional resilience—empowering participants to manage stress, strengthen relationships, and make healthier decisions.

NEW: SERVICES AND CURRICULA

Counseling Services

CHRISTIAN COUNSELING COMPONENT

Target: Program participants and families seeking faith-based counseling.

Description: Led by Lyndsay Plata, this new component launched mid-year and began counseling clients, broadening the individual counseling, coaching, and mentoring provided by Kristin Dean, Social Services Director.

Stress and Resilience Resources

UNDERSTANDING AND MANAGING STRESS: A RESILIENT PERSPECTIVE

Target: Parents and individuals experiencing stress, emotional challenges, relationship difficulties, and personal adversity, particularly those participating in Katy Cares and Fort Bend Women's Center programs.

Description: An 18-page interactive workbook designed to help participants identify personal stress patterns, understand how thoughts and interpretations influence emotional responses, and develop practical stress-management skills. Includes a Stress Resilience Assessment examining deficiency focusing, necessitating, and skill recognition, supported by scoring tools, visual profiles, guided journaling, and real-life reflection exercises. Emphasizes recognizing cognitive habits, challenging negative assumptions, strengthening self-awareness, and developing healthier coping responses—empowering participants to build emotional resilience, improve decision-making, and manage everyday stress with greater confidence.

Family and Community Programs

THE BENEFIT ECONOMY: BUILDING STRONG FAMILIES THROUGH VALUE-BASED LIVING

Target: Parents and families seeking value-based family stability.

Description: A complete program with a 415-page workbook, home-based tools, and an integrated Play Card System for experiential learning and family coaching. Development is complete, and the program is proposed for launch with Attack Poverty.

STRENGTHENING INDIVIDUALS, FAMILIES AND COMMUNITIES

Target: Children, preteens, teenagers, parents, and families experiencing emotional, relational, behavioral, or developmental challenges, particularly those served through Attack Poverty's community programs.

Description: A comprehensive, trauma-informed, strength-based program offering four complementary learning pathways: Safari Adventures (children's social-emotional learning), Grow Through Life (teenage life skills), MindTown (mental resilience and emotional development), and The Benefit Economy (intentional parenting and family development). Through structured workshops, interactive group learning, practical exercises, and real-life applications, participants develop emotional intelligence, resilience, healthy relationships, effective communication, decision-making, and parenting skills—empowering individuals, strengthening families, and building healthier, more resilient communities.

NEW: RESOURCE GUIDES FOR MOTHERS — AT HOME @ ABIGAIL'S PLACE

GROW THROUGH LIFE: AT HOME @ ABIGAIL'S PLACE

Target: Single mothers participating in or completing the At Home @ Abigail's Place Personal and Parenting Development Program.

Description: A 40-page reflective learning and personal development guide designed to help mothers evaluate their growth, reinforce learning, and strengthen parenting confidence. Covers 35 themes, including emotional intelligence, brain science, strength-based parenting, mindfulness, emotional regulation, cognitive awareness, and self-worth. Through guided reflection, self-assessment, and personalized reinforcement planning, participants identify their progress, recognize areas requiring additional support, and develop practical strategies for continued personal growth, effective parenting, and family resilience.

AFTER BEDTIME: THE WORKING MOM'S GUIDE TO EXTRA INCOME AND REAL SUPPORT

Target: Single working mothers seeking additional income, financial stability, and practical family support without compromising their children's well-being or personal health.

Description: A 17-page practical resource guide designed to help single mothers identify safe, flexible income opportunities while balancing employment and parenting responsibilities. Covers remote work, flexible employment, home-based businesses, childcare assistance, skills training, and community resources. Includes a 30-day action plan, job-search tools, scam prevention strategies, and access to essential support services — empowering mothers to increase financial independence, strengthen family stability, and achieve greater self-sufficiency.

NEW: MINDTOWN AND BEYOND — WORKBOOK AND RESOURCE SERIES

Reflective learning guides, workbooks, assessments, and class activities that extend the MindTown Personal Development Program into everyday parenting, relationships, and personal growth.

Stress, Capacity and Personal Influence

WHEN EXPECTATIONS BECOME EMOTIONAL PRESSURE

Target: Parents, caregivers, and individuals experiencing relationship stress, emotional pressure, rigid expectations, and difficulties managing their emotional responses in personal, family, and professional relationships.

Description: A 19-page interactive working knowledge guide in the Understanding and Managing Stress series, designed to help participants recognize relational necessitating — how expectations of others can create emotional pressure, stress, and controlling behaviors. Explores patterned thinking, curiosity, emotional awareness and regulation, uncertainty tolerance, personal responsibility, and healthy relationship boundaries. Introduces four emotional regulators: accepting others' emotions, tolerating uncertainty, maintaining connection, and separating personal well-being from others' emotional responses. Through guided reflection, practical exercises, four 14-day progress trackers, and personal action commitments, participants strengthen emotional self-regulation, reduce controlling responses, develop healthier communication, and build more balanced, respectful, and resilient relationships.

I KNOW MORE THAN WHAT I THOUGHT I DID: LOW SKILL RECOGNITION

Target: Parents, caregivers, and individuals experiencing stress, self-doubt, low confidence, or difficulty recognizing and applying their existing skills, strengths, and personal capabilities.

Description: A 12-page reflective learning and reinforcement workbook designed to help participants recognize overlooked abilities, strengthen perceived capacity, and develop greater confidence, resilience, and adaptability. Addresses low skill recognition, stress perception, communication, adaptability, follow-through, personal strengths, and transferable skills. Through guided self-assessments, practical exercises, skills inventories, five-point skill ratings, and progress tracking, participants identify evidence of their existing competencies and learn to apply them across parenting, relationships, employment, and everyday challenges—strengthening self-efficacy, resilience, personal growth, and self-sufficiency.

THE INTERNAL LOCUS OF CONTROL: UNDERSTANDING PERSONAL INFLUENCE AND CAPACITY

Target: Parents, caregivers, and individuals seeking to strengthen personal responsibility, emotional regulation, self-confidence, decision-making, and resilience when navigating life's challenges.

Description: A 29-page interactive knowledge and practice guide designed to help participants recognize their personal influence, develop internal capacity, and distinguish between circumstances they can and cannot control. Explores eight core principles, including internal and external locus of control, agency, capability, influence, responsibility with boundaries, interpretation, and emotional self-regulation. Through guided reflection, practical exercises, self-assessments, skill-transfer activities, and a 30-day progress tracker, participants learn to challenge limiting beliefs, recognize existing strengths, make independent decisions, and take constructive action—strengthening self-efficacy, emotional resilience, personal accountability, and confidence in managing everyday challenges.

Relationships and Relational Needs

WHAT FEELS NECESSARY IN MY RELATIONSHIPS

Target: Single parents and caregivers experiencing relationship stress, emotional challenges, and difficulties managing expectations, boundaries, and interpersonal interactions.

Description: A 26-page reflective learning and personal development guide addressing Relational Necessitating — the tendency to believe others must think, feel, or behave in certain ways for us to feel emotionally secure. Through guided reflection, practical exercises, parenting scenarios, and 60-day self-monitoring tools, participants learn to recognize rigid expectations, develop flexible thinking, establish healthy boundaries, regulate emotions, and respond with greater understanding. Emphasizes personal responsibility, emotional resilience, and strength-based parenting—empowering participants to reduce relationship stress, strengthen connections, and build healthier family dynamics.

BALANCING CONNECTION: RELATIONAL NECESSITY

Target: Parents, caregivers, and individuals seeking to improve emotional self-awareness, manage relationship expectations, tolerate uncertainty, and develop healthier responses in parenting, personal, and professional relationships.

Description: A five-page interactive class activity workbook designed to help participants recognize relational necessitating — how rigid expectations, emotional discomfort, and the need for reassurance or control influence relationships. Explores emotional awareness, uncertainty tolerance, personal reactions, relational expectations, and supportive communication across parenting, professional, and personal settings. Through structured self-assessments, guided reflection, practical scenarios, and personal action commitments, participants identify unhelpful response patterns, build emotional flexibility, practice empathy, and strengthen self-regulation—promoting healthier communication, stronger relationships, and greater emotional resilience.

WHAT IS NORMAL? A PERSONAL EXPLORATION

Target: Parents, caregivers, and individuals seeking to understand unhealthy relational patterns, strengthen emotional awareness, improve interpersonal relationships, and develop healthier responses to everyday challenges.

Description: A six-page interactive class activity workbook designed to help participants distinguish between familiar behaviors and healthy relational patterns. Explores five key areas: perspective-taking, self-importance, feedback responses, personal ownership and responsibility, and nervous system responses to relational stress. Through structured self-assessments, guided reflection, real-life scenarios, and practical action exercises, participants identify unhelpful behavioral patterns, recognize emotional triggers, strengthen accountability, and develop healthier communication and relationship skills—promoting greater self-awareness, emotional safety, personal responsibility, and relational resilience.

Identity, Thoughts and Beliefs

THE IDENTITY REFLECTION WORKBOOK: ACTION APPLICATIONS FROM MINDTOWN

Target: Parents, caregivers, and individuals seeking to overcome negative self-beliefs, self-criticism, emotional distress, and unhealthy thinking patterns that undermine personal identity, confidence, and emotional resilience.

Description: A 19-page interactive self-reflection and cognitive development workbook designed to help participants recognize, challenge, and replace distorted thoughts and self-limiting beliefs. Addresses three core thinking patterns—labeling, personalization, and rigid "should" statements—alongside identity formation, emotional triggers, belief escalation, and cognitive restructuring. Through guided assessments, thought-disputation exercises, belief-replacement strategies, and weekly and monthly progress trackers, participants develop healthier self-perceptions, balanced personal responsibility, emotional regulation, and constructive thinking—strengthening self-worth, resilience, relationships, and long-term personal growth.

The Mothering Lens

CONSTRUCTIVE THOUGHTS & BELIEFS: EXPLORING YOUR PERSONAL LENS ON MOTHERING

Target: Mothers and caregivers experiencing self-doubt, perfectionism, unrealistic parenting expectations, social comparison, and challenges recognizing their personal worth and parenting competence.

Description: A five-page interactive learning and reflection workbook designed to help mothers identify and restructure unhelpful beliefs that influence their emotions, parenting decisions, and self-confidence. Explores 16 mothering belief patterns involving perfectionism, performance pressure, social comparison, approval-seeking, personal worth, and unrealistic expectations. Through guided class activities, contrasting thought pathways, self-assessments, and practical reflection exercises, participants learn to replace self-critical thinking with balanced, constructive beliefs—strengthening self-worth, parenting confidence, emotional resilience, and healthier family relationships.

VIEWPOINTS: THE MOTHERING LENS OF SHOULDS

Target: Mothers and caregivers experiencing parenting pressure, perfectionism, social comparison, approval-seeking, self-doubt, and unrealistic expectations of motherhood.

Description: A five-page educational handout and class activity designed to help mothers recognize how personal beliefs, social expectations, and cultural influences shape their perceptions of motherhood. Explores 16 overlapping mothering lenses involving performance, perfectionism, individualism, materialism, social comparison, approval, and faith-based expectations. Through guided reflection and discussion, participants identify unhelpful thinking patterns, examine their influence on parenting decisions and self-worth, and build self-awareness—empowering mothers to challenge unrealistic expectations, embrace their strengths, strengthen parenting confidence, and adopt healthier, more balanced perspectives on motherhood.

MOTHERHOOD THOUGHT MEASURE PROFILE: AWARENESS ASSESSMENT

Target: Mothers and caregivers seeking to understand how personal beliefs, social comparison, perfectionism, external expectations, and self-worth influence their parenting confidence, emotional well-being, and perceptions of motherhood.

Description: A four-page reflective self-assessment tool designed to help mothers identify underlying thought patterns and beliefs that shape their parenting experiences. Features 35 statements measuring seven perspectives: performance and achievement, perfectionism, individualism, social comparison, approval-seeking, materialism, and Christian worldview. Through structured self-rating, profile scoring, and guided reflection, participants recognize unhelpful thinking patterns, explore how personal expectations influence their self-perception, and build greater cognitive awareness—empowering mothers to challenge unrealistic standards, strengthen self-worth, embrace balanced perspectives, and approach parenting with greater confidence and emotional resilience.

RELATIONAL BALANCE: PREVENTING PARENTING NECESSITATING

Target: Parents and caregivers seeking to strengthen emotional awareness, improve parent-child relationships, and support healthy, developmentally appropriate emotional development in children and teenagers.

Description: A 16-page reflective learning and practical application guide designed to help parents recognize how rigid expectations, emotional pressure, and relational demands influence children's emotional development and behavior. Covers parenting necessitating, emotional safety, developmental needs, parental self-regulation, emotional resilience, healthy boundaries, and age-appropriate independence. Through guided journaling, practical parenting exercises, a two-week emotional growth tracker, and follow-up reflections, parents learn to replace controlling responses with empathy, emotional support, and developmentally appropriate guidance—empowering children to express emotions, build confidence, develop emotional intelligence, and strengthen family relationships.

WHEN LIFE FEELS PERSONAL: HELPING CHILDREN MOVE BEYOND FEELINGS

Target: Parents and caregivers seeking to help children and teenagers (ages 3–18) manage emotional distress, self-criticism, negative self-perceptions, overwhelming thoughts, and everyday expectations and challenges.

Description: A 19-page interactive parenting workbook designed to help parents recognize and address personalization — the tendency of children to interpret experiences through negative beliefs about themselves, their abilities, and their relationships. Covers emotional distress, self-criticism, cognitive restructuring, mental overload, reduced clarity of thinking, and unrealistic personal expectations. Through age-appropriate coaching strategies, guided reflection and questioning, family belief evaluations, practical exercises, and a monthly progress-tracking matrix, parents learn to support emotional regulation, challenge negative thinking, encourage self-compassion, and improve parent-child communication—empowering children to build resilience, confidence, emotional intelligence, and balanced thinking.

SECONDARY

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.

EXPANDING OUR HORIZONS. SECURING OUR FUTURE.

NEW FRONTIERS. LASTING IMPACT.

With our new curriculum, Katy Cares can now extend its impact beyond the non-profit clients and staff we have traditionally served. With evening sessions almost at capacity, we will first expand our Parenting and Personal Development Programs to additional non-profits, shelters, organizations, and churches across Fort Bend County, deepening our reach into communities where the need is greatest. Beyond the non-profit sector, we have adapted the core components of our curriculum into a Personal Leadership Program for the corporate sector, launching through the Non-profit Excellence Initiative (NEI). This workplace wellness and resilience program equips employees and executives to reduce absenteeism, strengthen personal resilience, and elevate organizational performance. We have also proposed a full family program suite—The Benefit Economy, Grow Through Life for Teens, and Safari Adventure for Kids—for partnership with Attack Poverty. These initiatives are ongoing.

Katy Cares President Dr. Dawid J. Pieterse is one of NEI's Co-Founding Members. NEI strengthens non-profit organizations through governance, accountability, credentialing, leadership development, workforce resilience, and funding readiness, helping them become fully compliant, credible, and competitive. All proceeds from the services Dr. Pieterse provides on NEI's behalf will go to Katy Cares as an additional revenue stream, extending our mission's reach and sustainability.

In parallel, Dr. Dawid and Dr. Carousel Pieterse have acquired an online platform through Mighty Networks, known for hosting neighborhoods and communities, structured curriculum, discussion sessions and forums, and video and other training materials. Through this platform, we will bring our certified, evidence-based programs to families and communities beyond our geographic boundaries. Over time, we aim to build a growing base of subscribers who enroll in our programs and purchase and download our content, giving Katy Cares a sustainable income stream.

Together, these initiatives expand our mission footprint and create new, sustainable pathways to serve more families, in more places, than ever before.

A LEGACY OF 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 Seal of Transparency — the highest level of non-profit transparency certification**
- **Excellence in Non-profit Leadership (ENL), The George Foundation — President graduated and certified**
- **Member, Texas Department of Criminal Justice Integrated Victim Services System (IVSS)**
- **Member, Texas United Christian Chamber**
- **Co-founding member, Non-profit Excellence Initiative (NEI)**
- **Nominated: Best Single-Parent Family Support Non-profit (Global 100) — results January 2027**

VOICES OF TRANSFORMATION



IN THEIR OWN WORDS...

"The greatest transformation wasn't just in our circumstances. It was in me."

"What Katy Cares, in cooperation with Abigail's Place, gave us was so much more than housing. It gave us stability. It gave us safety. It allowed me to learn, grow, and begin becoming the woman and mother I wanted to be." Her daughter went on to earn straight A's and pass every section of her STAAR exams; the family has lived independently since March.

— Alexandria, At-Home and Ready, Set, Go!, Abigail's Place

"Two sessions a week with her Dr. Carousel eclipsed it all."

"Nobody talked down to me. Nobody handed me a worksheet and called it healing. Once you understand the machinery, you stop believing something is permanently broken in you. I'm headed into lineman school with a real plan."

— Travis, Understanding Stress, Fort Bend Women's Center

"I entered this classroom as one person yesterday and woke up as another person this morning."

"Knowing that I can heal from trauma is powerful to me. It opens up my world to other possibilities."

— Nave, Ending Trauma, Fort Bend Women's Center

"I never knew this about myself. I make so much sense to myself."

"To have my personal experiences validated through a knowledge lens is very helpful. Everything I was struggling with makes sense to me now."

— Anna, MindTown Cohort 1, Katy Cares

"I'm breaking generational cycles I never thought I could escape."

"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."

— Yasmin, Ready, Set, Go! Cohort

KATY Cares
where hope is at home

EVIDENCE-BASED CERTIFIED PARENTING PROGRAMS

Platinum Transparency 2026
Candid.

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