

# FAMILIES FORWARD

---

DIGNITY • EMPOWERMENT • HOPE



Families Forward's Community Counseling Program serves hundreds of low-income families each year. **Our counselors work with adults and children alike, giving them the tools to cope with the pain, loss and sacrifice that can stem from poverty and homelessness.**

This painting was created by a teen client who had endured years of severe trauma and coped through cutting. She described the painting to her counselor:

“The blue represents how I felt when I entered counseling, **I was feeling sad and very lost, the purple shows how scared I was** because I didn’t know what was gonna happen and I didn’t know what to expect, but then I got angry, very angry which is why I did the red, I was angry because all these bad memories and bad thoughts were coming back again and I didn’t want to remember. The black is when I started cutting again, but then I got less angry, the light blue is because I was sad again, but not so sad as when I started, just a little and the pinkish is now, today, because **I feel ok, I’m not angry or sad I’m just pink and light. I’m Ok.**”

Thanks to the support of the community, children and adults like this brave teen are able to get the short-term, targeted therapy they so desperately need.