



Family Restoration and Healing Center, Inc.

FACT SHEET

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Who Are We?

We are a tax exempt, results-based, family services organization.

Our Mission?

We restore families – mind, body and spirit, through education, counseling, case management and supportive services.

Who do we serve?

We service children, teens and adults, especially the underserved, in the greater Washington DC/Maryland metropolitan area.

About Our Services?

We have a comprehensive program of services, called “360Wholeness” which helps individuals achieve youth success, family success and health and wellness.

□ Our Education services include:

- Life skills training (anger/stress coping skills, social/emotional skills, healthy relationships, crime/violence prevention)
- Workforce development (assessments, job readiness/soft skills training, linkage to partners providing job placement assistance)
- Family Success trainings (mental health, parenting skills, family caregiving)

□ Our Supportive Services include:

- Counseling: individual, family, faith-based option available
- Case management: (vocational)-- to help you achieve your goals for success
- Health resource guides – two publications for mind/body/spirit health
- Linkage to additional prevention and supportive services

Our Uniqueness

We restore coping skills and success strategies for the whole family. We partner with multiple entities, to provide a unique blend of services, to help individuals of all ages achieve holistic health (mind/body/spirit), and healthy family relationships.

Some recent testimonials

- “I am so glad I found a place that helps me emotionally, nutritionally and spiritually”
- “Your program gave me the confidence & skills to get a job that everyone else said I’d never obtain!”
- “I learned how to say “no” to risky behavior. Thanks for caring!”

Why support Family Restoration and Healing Center? Because we address these needs:

- ¹ Mental health is the fourth costliest medical condition in America
- ² One in four adults, and 20% of youth, experience mental illness in a given year
- ³ Only 37% of Americans feel they are doing a good job managing stress
- ⁴ Soft skills are the single biggest success indicator of personal and professional success

Our Achievement Milestones

- 91% client satisfaction and skills increase
- 95% youth increased strategies for successful transition to adulthood

¹<http://www.webmd.com/healthy-aging/disability-cost-13/slideshow-medical-expenses>.

²National Institutes of Health, National Institute of Mental Health. (n.d.). Statistics: Any Disorder Among Adults. Retrieved March 5, 2013, from http://www.nimh.nih.gov/statistics/1ANYDIS_ADULT.shtml

³www.apa.org/news/press/releases/stress/2012/full-report.pdf

⁴<https://www.nationalsoftskills.org/the-real-skills-gap/>