



EMPOWER. ADVOCATE. EDUCATE.

HEALING TRAUMA THROUGH MENTAL HEALTH SERVICES



WHO

Center for Families and Relationships (CFAR) is a counseling organization that has been working with families in Philadelphia for 30 years. We are now offering trauma-related services at several Philly Rec Centers.

WHERE

Free counseling for eligible clients and free community workshops for everyone at six Philly Rec Centers:

*8th & Diamond Rec Center
CB Moore Rec Center
Feltonville Rec Center
Mallery-Rumph Rec Center
Mander Rec Center
Tustin Rec Center*

(Virtual sessions also available.)

WHAT

Free counseling services for eligible youth and adults directly impacted by gun violence

Community workshops focusing on the impact of trauma and how to heal from trauma

WHEN

Contact us today!



WHY

Violent incidents take a toll on us. Talking about it DOES help.

Understanding how trauma effects you is the first step to healing.

To learn more

- Visit www.cfarounseling.org/ttt
- Call 215-537-5367 ext 4005
- Email ttt@cfarcounseling.org
- Follow CFAR on Facebook and Instagram (@cfartherapy)

