



brightpaths

COUNSELING PROGRAM

Our goal is to reduce symptoms of distress related to childhood traumas by removing barriers to access and providing trauma informed counseling in an effort to increase parenting capacity and increase positive outcomes for generations to come.

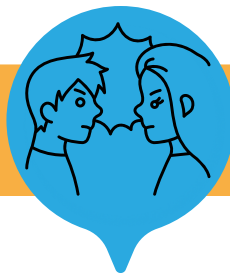
90% of our clients

report experiencing one or more of the following:



Sexual Abuse

Either as a child, an adult, or both.



Physical Abuse

Either domestic violence as and adult, physical abuse as a child, or both.



Emotional Abuse

Either as a child, an adult, or both.

30%

of counseling clients need transportation assistance from Brightpaths in order to attend their appointments



History of chaos in home

50%

of our clients were in the foster care system as children, and the remaining

50%

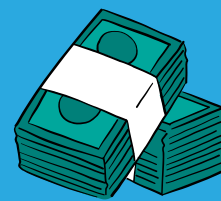
have lived in multiple family members' homes, violent homes, or otherwise chaotic homes.

In fiscal year 2024, nearly **40%** of our clients utilized Brightpaths' free childcare for counseling sessions.

Barriers to Mental Health Services

Familiar Environment

Our clients have a 99% scheduling to attending their first session rate, versus around 50% for clients we have to refer to outside organizations. Many clients report that coming to a safe, non-judgmental, known environment is the difference.



Insurance or Income

Brightpaths provides no-cost counseling to clients, regardless of financial or insurance status.

Childcare

Many clients report not utilizing mental health services because of a lack of safe and affordable child care. Brightpaths provides on-site quality childcare for all counseling sessions.



Transportation

Brightpaths is located on the Athens-Clarke county bus line, and provides ride share vouchers to clients who cannot access the bus.

Help us serve more clients

Currently we have a waiting list of clients who want access to our counseling program. With your donation, we can increase counseling hours, child care, transportation vouchers, and help build safe and stable families in our community.



hear from our clients...

“[Brightpaths counseling] has helped me learned ways to overcome intrusive thoughts and discuss things that are bothering me instead of keeping them bottled up.”

brightpathsathens.org/counseling