



Heather's Story

Heather experienced unthinkable trauma from an early age that no child should ever have to endure.

Beginning when she was only a toddler, Heather was sexually abused by a family member. Throughout her early childhood, her mother struggled with mental illness, with harsh and inconsistent parenting.

At age 9, Heather started services at Center for Child Counseling after entering the foster care system.

When Heather entered foster care, her father started to work tirelessly on reunification. He committed to rebuilding their relationship and their family. Our therapist was able to support Heather, the foster family, and the dad in fostering safe and supportive relationships.

As a result, Heather was reunified with her father.

To continue supporting Heather's trauma treatment and healing, they engaged in family therapy, in addition to Heather's individual trauma treatment - consistently for two years. It was not always easy, but Heather and her dad were able to work through the trauma and reconnect on a deeper level.

Now, Heather is happily reunified with paternal family and adjusting well. She is able to express her feelings more openly instead of acting out. She is determined to utilize the positive coping skills learned in sessions, earns good grades, and participates in school activities.

Because of the generosity of donors like you, Heather has been able to heal, with so much hope for the future.