

Meet Eli.



Eli was having trouble at school finding ways to release his anger. His mom was receiving phone calls from the school every day about her son's behavior issues. Desperate to find help, she discovered Real Help for Real Life.

Through this free program, Eli and his mom worked with a counselor to realize that Eli didn't have enough structure in his daily life. So, Eli and his mom started reinforcing the need for a consistent bedtime and following through with promises. The counselor taught Eli special techniques so he could better sense and judge his body movements and actions. He told Eli to pick his favorite technique to use in school so that he could release his anger without getting into trouble.

By the end of counseling, Eli was named to the A/B honor roll. His teachers reported that he was doing great in class, and when he was redirected, Eli was able to correct his behavior almost instantly.



Real Help for Real Life

ACH Child and Family Services offers free, bilingual youth and family counseling and skill-building classes addressing mental health issues and parenting wisely. This program serves families with children ages 6-17 struggling with anger, anxiety, depression and bullying in Tarrant, Johnson, Parker, Hill and Palo Pinto Counties.

At the outset of the pandemic, all family services were transitioned to a virtual experience to ensure we continue to address mental health issues and reduce stress in families. A video series of Parenting Tips has been produced to help protect children and families as they face very challenging times.

6,634

COUNSELING HOURS

Last year, ACH provided 6,634 counseling hours valued at over \$1-million—free of charge.