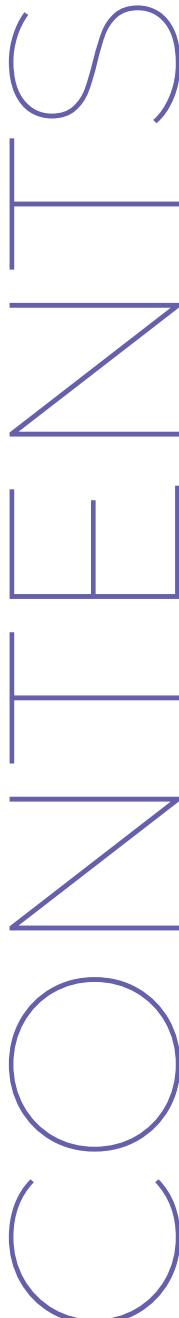




2024-2025 Impact Report



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Dear Friends of Council for Relationships,

This fiscal year marked a period of strengthening, renewal, and forward momentum for Council for Relationships (CFR). Across our region, our clinicians, interns, and staff worked with dedication to ensure that individuals, couples, and families received the expert, relationally focused care that has defined CFR for more than 90 years.

CFR delivered more than 30,000 therapy and psychiatry sessions, reaching clients through in-person appointments, telehealth, school partnerships, and community-based programs. One-third of all clients received reduced-fee care through our sliding-scale program or accessed services at no cost through community partnerships, affirming our commitment to accessible and equitable care.

We continued to strengthen key collaborative initiatives. CFR's partnership with the Philadelphia Police Department Behavioral Health Unit and Merakey represents a powerful, joint effort to provide long-standing support for frontline clinicians and officer wellness. Together, we offered trauma-informed consultation, group support, and direct services to those who protect and serve our communities. Partnerships like these demonstrate the trust placed in CFR's expertise and the meaningful impact our clinicians have beyond our office walls.

CFR also advanced its leadership in developing the behavioral health workforce. Our training programs welcomed over 35 interns and pre-licensed clinicians, providing rigorous supervision, hands-on experience, and mentorship that prepares emerging professionals to meet the diverse mental health needs of our region.

As we innovate, we remain deeply grounded in the heart of CFR: our education and training legacy. This legacy is not simply a program. It is a values proposition that shapes every part of our work. We are leveraging our long-standing history in training therapists, educators, and supervisors as a core differentiator in the mental health landscape. This expertise is brought directly into the therapy room while also building our future through the next generation of clinicians.

This year also marked an important leadership transition for the organization. In January 2025, the Board of Directors appointed Jason Anhorn as CFR's next Chief Executive Officer. Under his leadership and vision, CFR is entering a new phase of evolution. We are modernizing our physical spaces, deepening strategic partnerships, expanding clinical services, and aligning our operational, clinical, and educational priorities around a cohesive long-term strategy. Throughout this transformation, we remain guided by our mission and the belief that healthy relationships are foundational to individual and community well-being.

Thank you for your trust, commitment, and partnership. Your support allows CFR to continue delivering meaningful, accessible, and expert care, and to shape the future of relational therapy and training for generations to come.

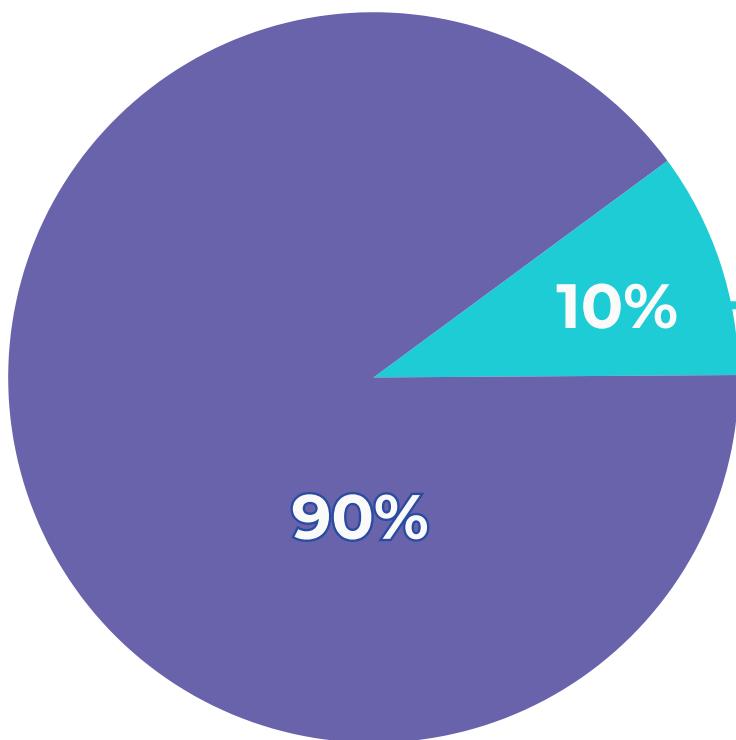
Michael Veloric
Chair, Board of Directors



Jason Anhorn, M.Ed., CFRE
Chief Executive Officer

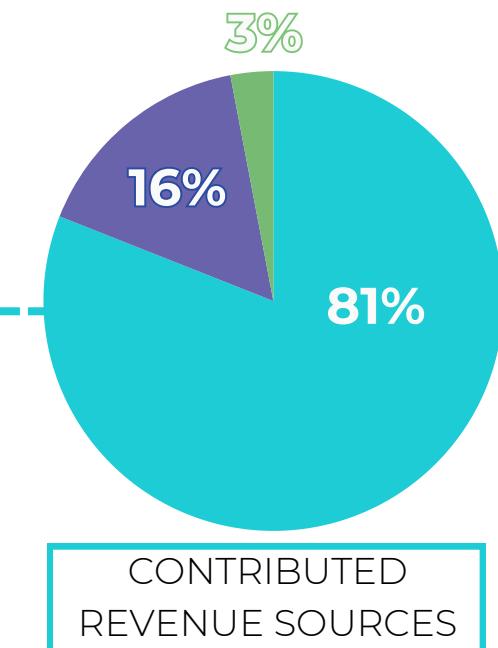


REVENUE SOURCES



\$4,612,738 **Earned Revenue**

\$511,541 **Contributed Revenue**



- **Individual Giving**
- **Foundations/Grants**
- **In-Kind Services**

90% of CFR's operating budget is comprised of earned revenue from market rate client fees for counseling services, tuition for clinical education, and fees from below market rates with the sliding scale and low-fee therapy services.

10% is contributed revenue from individual and corporate donations and foundations. These funds support mental health services for those who cannot afford market rate fees and support CFR's community partnership organizations.

Total Expenses
\$5,903,981

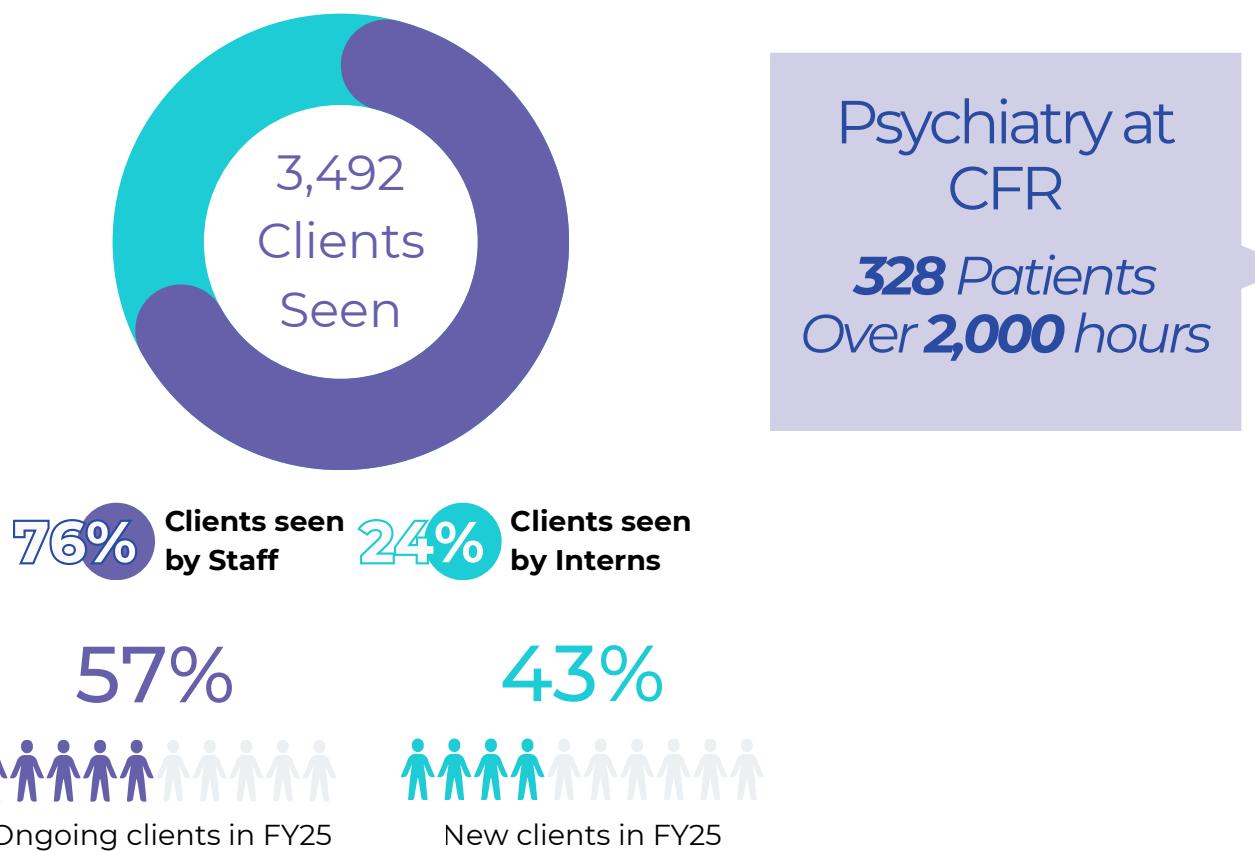
72% - Clinical: \$4,260,415
17% - Education: \$1,024,154
3% - Fundraising: \$167,221
8% - Management: \$452,191

OUR CLIENTS

Council for Relationships is a nonprofit organization that strengthens interpersonal connections through accessible, specialized, and expert individual, relationship, and family therapy, clinical training, and research. Over 60 therapists and psychiatrists provide counseling in-person at eight offices in the Greater Philadelphia area and online across Pennsylvania and New Jersey. Additionally, 70 expertly supervised clinical interns provide low-fee therapy services to those in need.

Our Shared Impact

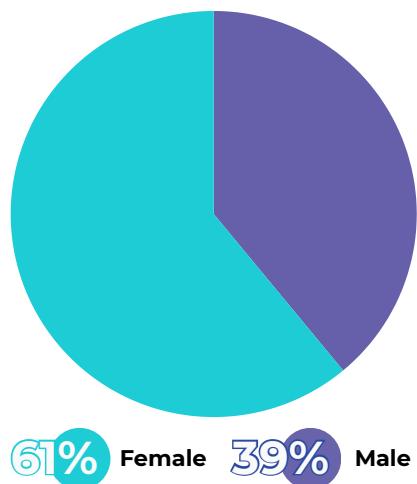
As a nonprofit, CFR relies on donations to provide care to clients who would otherwise be unable to afford mental health services while still ensuring competitive compensation for our clinicians.



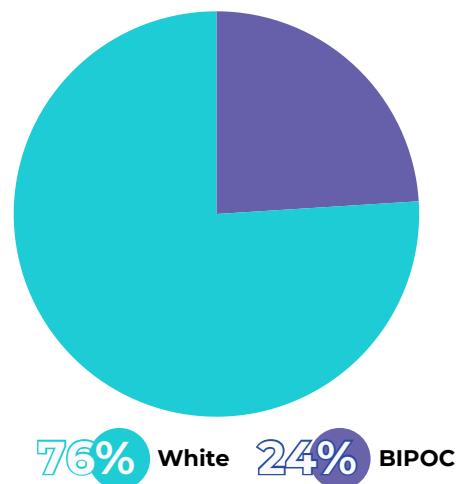
*These are self-reported data from client surveys.

Who We Serve

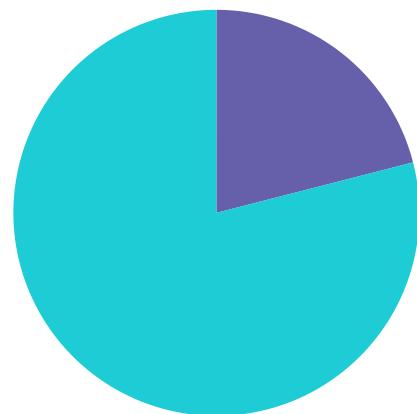
Gender



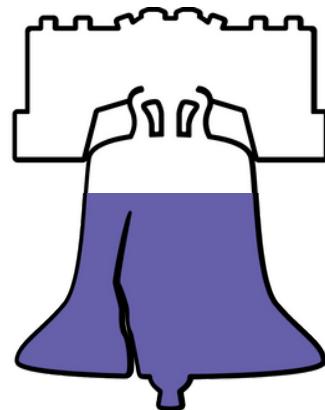
Racial Identity



Sexual Orientation



Serving Philadelphia



67% Clients Residing
in Philadelphia

1,508

*The number of new
clients we welcomed
over the past year.*

*These are self-reported data from client surveys.

PROGRAMS

Council for Relationships reduces traditional barriers to care by offering services that meet clients where they are. Our systemic approach ensures that clients receive coordinated, expert support when and where they need it most.

CFR clinicians specialize in working with people through all the stages of their lives. From children and adolescents to older adults - CFR is committed to making expert therapy services accessible for all. Read on to see how your support enables essential programs like our Community Partnerships Initiative, Operation Home & Healing, and Women's Psychological Health Services to help those in need.



Child, Adolescent & Family Services

Donor support has fueled new growth in our specialized services for children, adolescents, and families — helping us provide developmentally appropriate mental health support to young people where they are and when they need it most.

In the past year, your generosity helped launch CFR's Child, Adolescent & Family Services Advisory Committee. This group of clinicians and experts is shaping the future of care for youth at CFR — identifying training opportunities, new referral partners, and stronger pathways to support for families navigating mental health concerns.

Thanks to you, we also built a new partnership with Fusion Academy's Ardmore and Malvern campuses to better serve teens in need of flexible learning environments and mental health support.

Your impact extended into schools, too. With federal funding secured through Thomas Jefferson University, our student therapists received advanced training in group therapy for children — and delivered on-site support in local classrooms.

Every step brings families closer to the care they deserve. And it starts with you.

PROGRAMS



Older Adults Program

Donor generosity is helping Council for Relationships grow a more compassionate, accessible system of care for older adults.

This year, your support allowed 23 CFR Staff Therapists and Student Interns to complete advanced geriatric mental health training through Johns Hopkins University — deepening their skills and expanding CFR's ability to meet the unique needs of aging clients. You also made it possible for us to host a free, 3-CE training focused on working with men over 60, helping therapists across the region improve their care for this often-overlooked population.

Thanks to you, CFR is now partnering with Main Line School Night to bring mental health education to the community and explore new ways our therapists can engage older adults through workshops and outreach.

Behind the scenes, your gifts also help us explore critical infrastructure needs — including what it would take to begin accepting Medicare at CFR.

You are helping us build a future where no one ages out of the care they deserve.

11,364

**Hours Providing
Low-Fee
Therapy Services**

WOMEN'S PSYCHOLOGICAL HEALTH SERVICES

Supporting Women through Every Stage of Their Lives

Women's Psychological Health Services (WPHS) helps women — including cis women, trans women, and people assigned female at birth — navigate mental health challenges across the lifespan. Our expert therapists and psychiatrists specialize in reproductive and women's mental health, offering care for PMDD, menopause, perinatal mood disorders, infertility, sexual trauma, and work-life integration.

Building on the legacy of CFR founder Dr. Emily Mudd, WPHS was established by Dr. Jane Summers in 2018 and is now led by Amy Jones, MSW, MFT, LCSW. This year, 38 clinicians — including psychiatrists, staff therapists, and interns — provided therapy and psychiatric care to 68 clients, while expanding affordable access through our Clinical Internship Program.

With donor support, WPHS strengthened community partnerships, offered professional workshops, and trained future clinicians. Our team reached new audiences through collaborations with Wills Eye Hospital, the Preeclampsia Foundation, and the Sarah Ralston Foundation.

Your generosity makes this growth possible — helping WPHS continue to expand care, train clinicians, and support women's mental health across generations.



This year, WPHS honored our roots while strengthening a community of skilled clinicians and expanding workshops, support groups, and outreach—allowing us to reach more women and families with high-quality, trauma-informed, inclusive care.

Amy Jones, MSW, MFT, LCSW
Director, WPHS

COMMUNITY PARTNERSHIPS INITIATIVE

Families Forward Philadelphia

Over the past year, our partnership with Families Forward Philadelphia has deepened in impact and scope through the Community Partnerships Initiative (CPI). Together, we've provided trauma-informed, culturally responsive therapy to families experiencing housing insecurity and other systemic challenges. Our clinicians work on-site to create safe, consistent spaces where residents can process trauma, strengthen relationships, and restore hope.

This year, CFR therapists delivered more than 300 individual sessions and 60 group hours for adults and adolescents at Families Forward. With donor support, CPI expanded its internship program, allowing even more residents to access free and low-cost care.

The results are clear: residents are returning to therapy regularly, developing emotional regulation skills, and encouraging others to seek support. Families Forward staff have noted that residents "feel truly heard" and "show positive changes in confidence and connection."

Your generosity makes this healing possible — helping families reclaim stability, strengthen bonds, and envision a brighter future.



Seeing the halls fill up with residents for groups every Monday at 6 p.m. is the highlight of my week. Through the creation of three groups serving children, adolescents, and adults, we've fostered a strong sense of community at Families Forward. You can truly see the visible growth in camaraderie, connection, and rapport among participants who engage in our therapeutic services.

Jagkirpal Channa, LMFT
Staff Therapist & CPI Clinical Site Manager

TRANSCENDING TRAUMA PROJECT

Honoring Truth, Preserving Legacy: Transcending Trauma Project Goes Global

Council for Relationships' Transcending Trauma Project (TTP) preserves the stories of Holocaust survivors and their families through more than 300 in-depth life history interviews. These narratives explore the emotional and relational impact of trauma across generations — and now, they're reaching a global audience.

In 2025, TTP partnered with Gratz College to make the full digital archive publicly accessible through the Grayzel platform. No longer solely accessible at the U.S. Holocaust Memorial Museum, this archive will soon be searchable online — a vital resource for researchers, educators, and survivor families around the world.

Donor support helps honor and compensate the dedicated individuals — many of whom are working pro bono — who have contributed their time, expertise, and care to make this next chapter possible. Funds support the remaining tasks: transcribing and keyword coding to ensure the archive is fully searchable and accessible for future users.

Thanks to you, these stories of resilience and survival will not only be preserved — they'll be studied, shared, and used to build a more informed and compassionate future.



Our 300 interviews continue to teach us how beliefs, values, relationships, and emotions move across generations—reminding us of the Transcending Trauma Project's profound, global relevance.

Bea Hollander-Goldfein Ph.D., LMFT
Director, Transcending Trauma Project

EDUCATION

Training the Next Generation of Therapists

Clinical Internships Program

Because of your support, CFR continues to be a place where future therapists learn, grow, and give back. This year, 32 master's-level interns from schools like Penn, Bryn Mawr, Temple, and Jefferson completed our Clinical Internship Program. With your help, they received hands-on training in Group Therapy, the Gottman Relationship Check-Up, and geriatric mental health through Johns Hopkins University — skills that help them support clients of all ages.

Your generosity also made it possible for our supervisors to take part in **Reflections on Race and Racism** as Clinical Supervisors, a powerful training that deepened their ability to lead with awareness, empathy, and equity.

Four of this year's interns have already joined CFR as staff therapists, continuing their journey of care and connection. Nearly half of our therapists are proud graduates of CFR's training programs — proof that your investment truly builds the future of mental health care.



My time at CFR was profoundly formative, both personally and professionally... I had the privilege of walking alongside individuals and couples as they navigated life transitions — ending or beginning relationships, processing grief and loss, and working through anxiety, depression, betrayal, and communication struggles.... CFR gave me a strong foundation and the confidence to step into the next chapter of my professional journey with clarity and care.

-Jenna Strusowski
Thomas Jefferson University

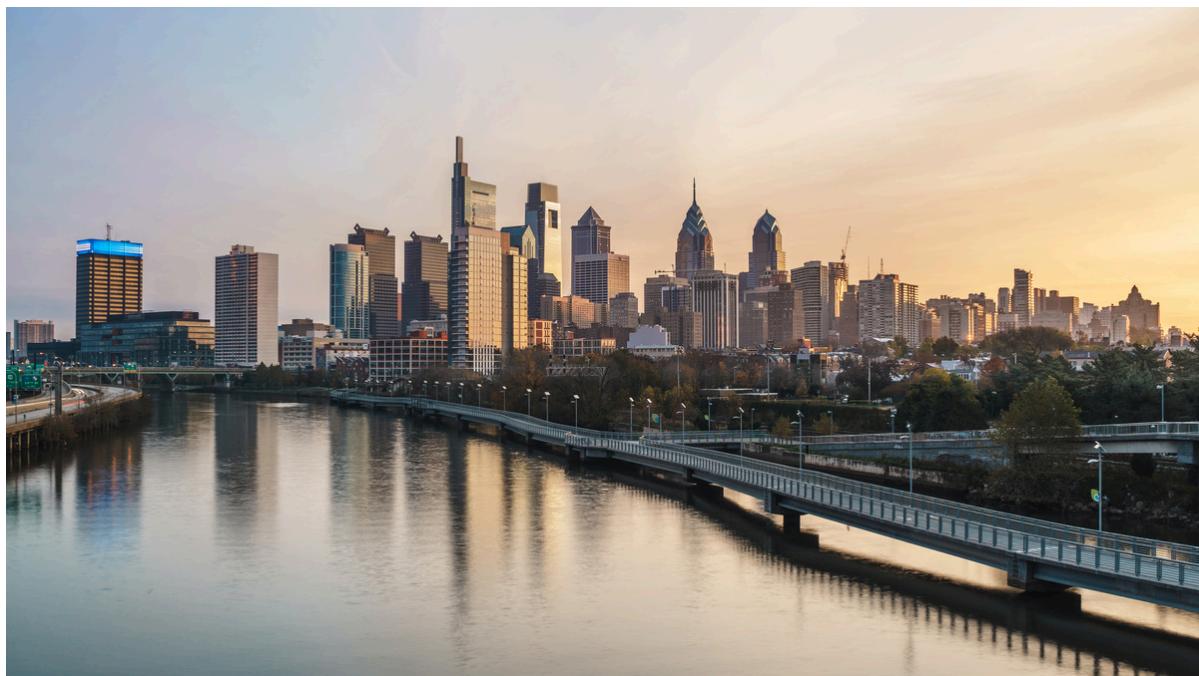
EDUCATION

Professional Development

This year, Council for Relationships offered a dynamic range of professional development programs designed to strengthen the skills of therapists, interns, and community partners. Topics included parenting, relationship anarchy, sexual health in later life, and Attachment-Based Family Therapy — reflecting CFR's commitment to advancing excellence in mental health education.

Thanks to donor support, especially from the Sara Ralston Foundation, CFR hosted free workshops that reached more than 85 participants. These sessions provided accessible, expert-led training and created opportunities for collaboration across our clinical community.

As we look ahead, CFR remains dedicated to expanding access to impactful learning experiences that equip clinicians with the tools to provide compassionate, evidence-based care and strengthen the quality of mental health support throughout our region.



MILES FOR MENTAL HEALTH 5K RUN & WALK

The 2nd annual event supporting mental health care for Veterans, active-duty service members, and their families was a runaway success!

In April 2025, more than 200 runners, walkers, and supporters came together for the Miles for Mental Health 5K Run & 1-Mile Walk to support CFR's Operation Home & Healing (OHH). Every step taken helped Veterans and their families access life-saving mental health care through therapy, psychiatry, and community support.

Special thanks goes to our presenting sponsor, CertaPro Painters of the Main Line, for proudly supporting the race for the second year in a row. Their continued partnership — along with the dedication of our participants, volunteers, and donors — made this event a resounding success.

Because of this generosity, 192 Veterans and their family members received specialized, trauma-informed care through OHH this year. From managing the invisible wounds of combat to navigating the challenges of reintegration and family life, CFR's therapists provided a lifeline to those who served.

Together, we're honoring Veterans not just with words, but with care that heals, strengthens families, and helps communities thrive.

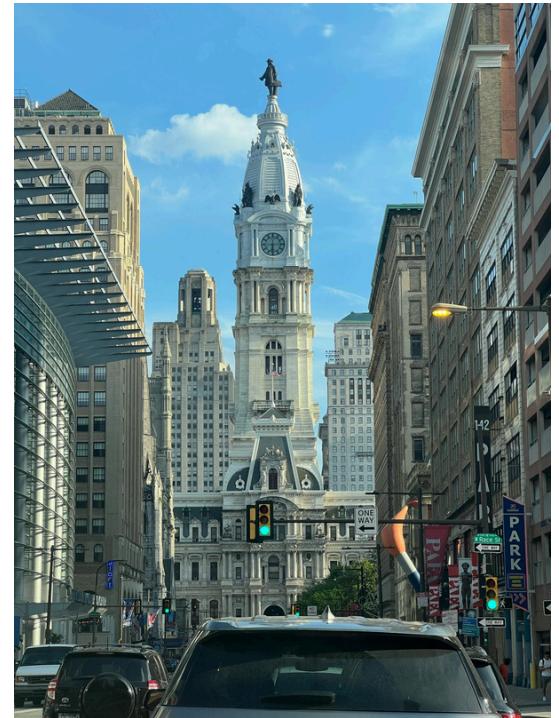
Over \$30,000 was raised to support Veterans, active-duty military members, and their families access to therapy.



DONORS & FUNDERS

Council for Relationships thanks the following foundations and businesses for supporting our efforts to increase access to the highest-quality mental health services for everyone in the Philadelphia region.

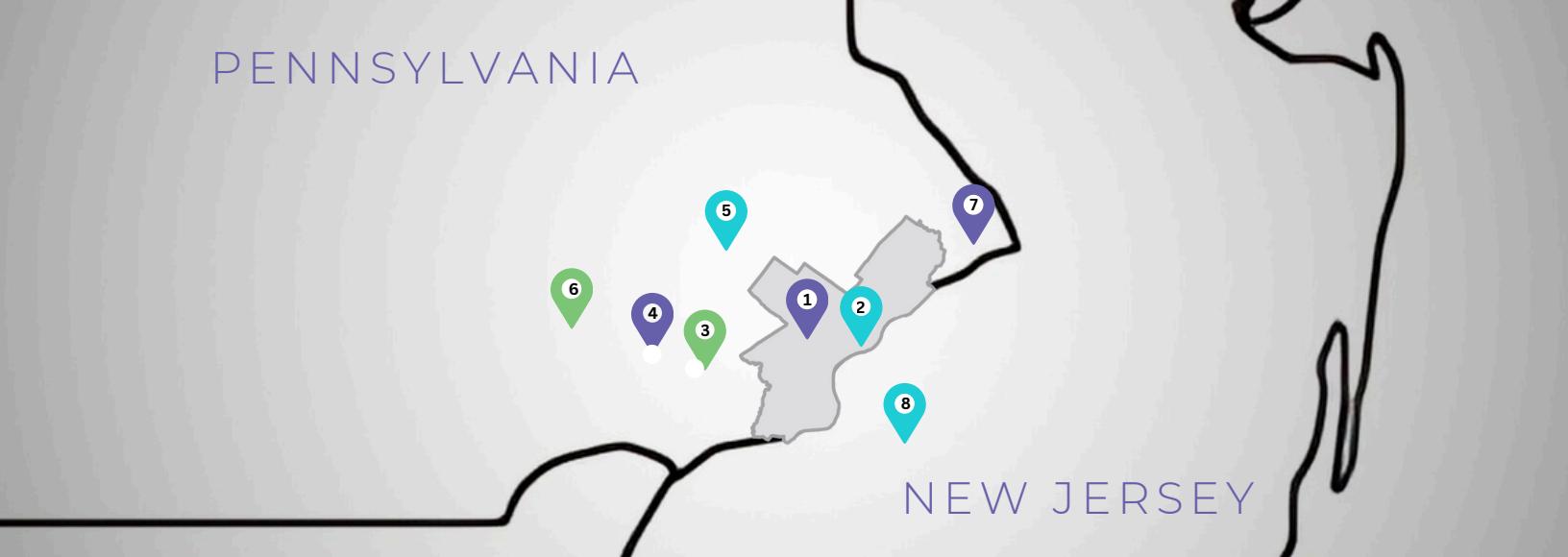
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