



The Refuge Center
FOR COUNSELING

OUR MISSION

The Refuge Center for Counseling exists to offer affordable, professional counseling services to empower, educate and support individuals, couples and families in need.



See how your gifts

IMPACTED MIDDLE TENNESSEE

in 2018



3,079 *clients served*

almost 11% more than 2017



15 *counties served in Middle Tennessee*



91% *receive sliding scale fees*



TIME

23,064

counseling sessions provided

almost 26% more than 2017



77%

clients are low to middle income



21%

clients below the poverty line

\$53* AVERAGE FEE PER SESSION

** \$81 average cost per session*

13.6 AVG. SESSIONS PER CLIENT

hope & healing



THANK YOU



At The Refuge Center, no one is turned away due to lack of finances because of people like you. Thank you on behalf of the couple whose child was born stillborn, for the woman who was recently assaulted by someone she trusted, for the teen who is battling relentless anxiety and self-condemnation, for the man who grieves as his beloved of four decades is losing the battle to cancer...these and so many more are the people who reach out to The Refuge Center in a state of desperation and find a lifeline, a shelter in the midst of an emotional tornado.

Thank you for saying “yes” to the commitment of creating a place where people could come find emotional care, respite, & transformation during some of the darkest storms in their lives.

Amy Alexander

Amy Alexander | LMFT, AAMFT Approved Supervisor
Executive Director & Co-Founder

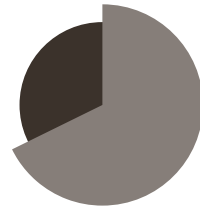
“Counseling does not mean that you are different. Counseling just simply means that you’re smart enough to know that I love myself and I need an outlet; someone to talk to.”

— TUNGEE, REFUGE CENTER CLIENT

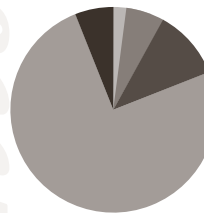


our clients

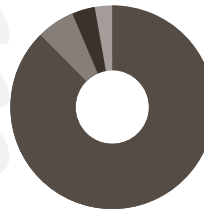
GENDER



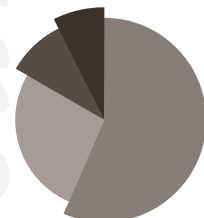
AGE



RACE



COUNTY



REFERRAL SOURCES

- 33% CURRENT & FORMER CLIENTS OF THE REFUGE CENTER
- 16% THE REFUGE CENTER WEBSITE/MARKETING MATERIALS
- 13% THE REFUGE CENTER BOARD/INTERNS/STAFF/VOLUNTEERS
- 8% CHURCHES
- 8% OTHER COUNSELING CENTERS/PROGRAMS
- 8% NONPROFIT ORGANIZATIONS (NON-COUNSELING)
- 6% SHELTERS
- 4% MEDICAL PROFESSIONALS
- 3% SCHOOLS
- 1% LEGAL REFERRAL

PRESENTING ISSUES

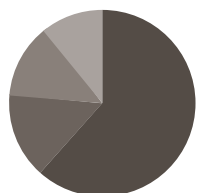
Addiction, Adoption/Attachment Issues, Anxiety, Behavioral Issues, Career Transition, Child Abuse, Cutting, Depression, Divorce Adjustment, Domestic Violence/Power and Control, Eating Disorder, Family Crisis, Grief and Loss, Marital Crisis, OCD, Parenting, Personality Disorders, Pre-Marital Counseling, Relationship Issues, Sexual Abuse, Sexual Identity Issues, Trauma.

“It is so important for people to be able to come to a place where there’s no judgement and there’s acceptance, help, answers, and support.”



—TRICIA
REFUGE CENTER CLIENT

FINANCIALS



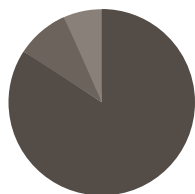
\$1,650,863

total revenue

- 61% COUNSELING SERVICES
- 14.8% DONATIONS
- 13% GRANT INCOME
- 10.5% EVENTS & FUNDRAISERS
- >1% OTHER

\$1,605,867

total expenses



- 82.2% PROGRAM SERVICES
- 9.5% ADMINISTRATIVE
- 8.3% FUNDRAISING

GROWING HOME



Our first Capital Campaign

Last summer, your gifts enabled us to expand in our current location and add a new wing to our current space with six more clinical offices to be able to see 37% more clients. Even so, we still have waitlists for our services. In October 2018, we entered into a contract on seven acres off Long Lane Road in Franklin, TN. We are currently in the annexation process, and you can find out more information on how you can become a part of the “Growing Home” team at refugegrowinghome.org or info@therefugecenter.org. We need your support!



“I remember dreaming about what “home” might look like for Refuge and wondering if it would ever be a reality. To see that vision begin to take shape, to watch others generously invest in it and to feel the blessings and favor of God throughout the process has been nothing short of amazing. I am reminded every time I attend a board meeting, and hear the story of a client whose life has been transformed due to counseling, that hope grows at The Refuge Center.”



—Nicole Smith | President *The Refuge Center Board of Directors*



Curious to know more?

FULL 2018 RECAP

refugecenter.org/2018impact

Hear more stories of hope, learn about our first capital campaign, read about our events and programs, and so much more!

THANK YOU FOR A GREAT 2018!



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