

C.O.P.E.

Counseling Options and Parent Education

We Listen. We Act. We Care.

Family
Support
Center

The Road to Recovery Re-Entry Services

Clinical Mental Health Services now available

COPE Family Support Center in partnership with Kaiser Permanente has limited openings.

We are serving recently exiting incarcerated men and women from the County Detention facilities in Richmond and Martinez with a history of trauma.

- Evidence-based treatment for PTSD, anxiety, depression, and positive coping skills
- One on one sessions for *FREE*
- 20-sessions of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Offered by the C.O.P.E. Family Support Center through a grant from Kaiser Permanente Foundation

**For more information, contact: Program Coordinator, Kumari
at 925-812-5329 or kumari.f@copefamilysupport.org**

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