BREAKING BARRIERS,
ENDING STIGMA

Thanks to your support, The Up Center provided more than 17,000 hours of counseling services to under and uninsured individuals, children, and families in 2018. Additionally, 63 children were adopted and 20 were reunited with their biological families. With your help, we hope to increase access to care for those in need. By expanding programs and opportunities, we will lessen the stigma that many families in crisis may experience.

We sincerely appreciate all of your support and hope that 2019 is off to a great start for you and your family!

SAVE THE DATE
Saturday, April 27, 2019
The Westin Virginia Beach Town Center

CLIMB THE TALLEST BUILDING IN VIRGINIA!

On November 10th, The Noblemen hosted 100 mentors and mentees in The Up Center’s Team Up program for a special outing to see the Norfolk Admirals take on The Atlanta Gladiators. The game was also a part of the Admirals Superhero Night, and the mentoring pairs enjoyed celebrating with various caped crusaders. Special thanks to Peter Reuss and the Noblemen for partnering with The Up Center and for supporting children and changing lives through their generous community service!

For more information about Team Up Mentoring, an award-winning and nationally accredited quality mentoring program, please visit www.TheUpCenter.org or call 757.397.2121 x337.
When Johanna found out her youngest son had experienced abuse at the hands of a family member, she immediately took action, calling Child Protective Services and the police. She sought medical treatment and counseling for her son, but soon found that the treatment was not effective. Instead of opening up, her son was retraumatized by the one-size-fits-all approach of the provider, and Johanna felt stigmatized by the treatment center. “Their methods weren’t working. I felt like I was doing something wrong.”

Then Johanna was referred to The Up Center. “Finding The Up Center saved our lives, without a doubt. My counselor put her hand on mine and told me, ‘You’re not crazy. There’s a name for what you’re feeling and experiencing.’ For the first time, I didn’t feel alone in this.”

Johanna’s counselor at The Up Center worked with the entire family to match each of them with their own counselor who could help at an individualized pace. “The understanding... the support... without them I don’t know where we’d be today.”

“We didn’t ask for [the abuse and trauma]. We didn’t deserve it. But nonetheless we are responsible for how we process the trauma and handle the triggers... and The Up Center has given us the tools to do so.”

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“The Up Center gave me hope.”