

# The Grace Center of Fredericksburg: Building Stability and Healing for the Hill Country

Breaking the Cycle of Trauma and Creating Safe Paths Forward



CreateHealthy

## Identifying Service Gaps

In Gillespie County, survivors of domestic and family violence often face a dangerous gap between crisis and stability. Without a local shelter or trauma-informed support network, many people had nowhere to turn during moments of greatest need. The emotional, physical, and financial costs of trauma were compounding in silence. The Grace Center stepped in to fill that gap, offering counseling, life skills support, and programs to help families rebuild their lives safely. But sustainable, flexible funding is critical to grow that impact.

## Create Healthy's Investment

With \$122,500 of grants and sponsorship funding in 2024, Create Healthy provided operational support that helped The Grace Center fund critical services, staff, and outreach programs.

These grants and funding allowed them to:

- Expand trauma-informed counseling services
- Offer life skills and parenting classes
- Provide emotional and logistical support to people escaping abuse
- Build community awareness around domestic violence and prevention

## Impact You Can See



Survivors gained access to **no-cost counseling**.



Dozens of families connected with **stable housing**.



Parents rebuilt confidence and skills through **life coaching and peer support**.



The Grace Center became **a central connector** in Fredericksburg's mental health landscape.



Parents gained **reliable child care**, allowing them to work and contribute to the local economy.

“We see people walk in with fear and leave with hope. That transformation doesn't happen without trusted partners like Create Healthy who believe in the long road to healing.”

CreateHealthy.org

**Hattie Heiner**

*Executive Director*

The Grace Center of Fredericksburg

