

2025 Impact Report

Houston Resource and Education Center for Domestic Violence



"With learning and strength to light the way, a brighter tomorrow, starts today."

Executive Summary

The Houston Resource and Education Center for Domestic Violence (HREC4DV) is a 501(c)(3) nonprofit organization dedicated to supporting survivors of domestic violence and underserved families through trauma-informed care, education, and essential resource distribution. Founded in 2019 but established in 2024 by survivors and community advocates, HREC4DV was created to address critical gaps in long-term healing, stabilization, and empowerment services for individuals impacted by abuse.

HREC4DV provides a holistic continuum of care that addresses the emotional, physical, and economic needs of the communities it serves. Its flagship program, the Wounds to Wisdom Domestic Violence Support Group Initiative, offers structured, trauma-informed group sessions that integrate expressive arts, psychoeducation, and mindfulness practices to promote healing, resilience, and self-empowerment. These services are delivered in partnership with women's shelters across Harris County, ensuring survivors receive support at no cost during critical stages of recovery.

In addition to mental wellness programming, HREC4DV operates the Noble Plate Program, which provides food assistance through a small pantry, weekly meal distribution, and food boxes for families transitioning from shelter to independent living. The organization also manages the Strength Warehouse, supplying essential household items such as furniture, clothing, and appliances to families rebuilding their lives after crisis. Annual community events, including a Backpack Distribution, Thanksgiving Meal Program, Christmas Toy Distribution, and Community Baby Shower, further extend support to vulnerable populations.

Since its founding, HREC4DV has expanded from small community-based support groups to partnerships with multiple shelters, serving survivors across Harris and Fort Bend Counties. The organization now reaches hundreds of individuals annually through its combined mental wellness and resource programs.

HREC4DV is committed to sustainability through a diversified funding model that includes grants, corporate partnerships, donations, upcoming BIPP services and emerging fee-based wellness services. The organization operates with a strong emphasis on program efficiency, ensuring that the majority of its resources directly support community impact.

Through its innovative and compassionate approach, HREC4DV empowers survivors to heal from trauma, rebuild their lives, and move toward long-term stability. The organization remains dedicated to creating safe, supportive environments where individuals and families can thrive.



Our Mission

Our mission is to promote equity and economic empowerment for individuals affected by domestic violence through personalized educational programs, financial assistance, skills development, awareness initiatives, financial education, essential resources, legal referrals and trauma informed support groups.

Our Purpose

The purpose of HREC4DV is to strengthen communities by addressing the emotional, physical and economic impact of domestic violence through trauma informed care, mental wellness programming and resource support for vulnerable populations.

Our Reach

Over the past year, HREC4DV has made a significant impact in the community through its integrated support services. The Noble Plate Program distributed approximately 11,700 meals, addressing food insecurity among vulnerable populations.

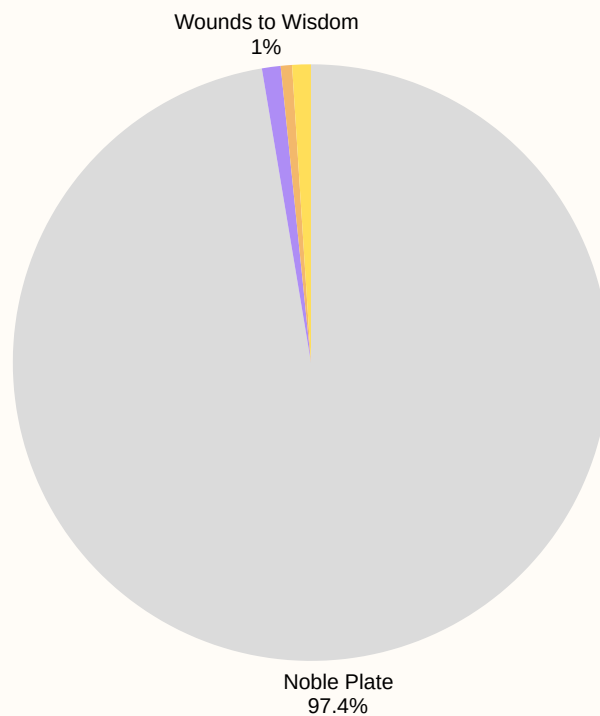
Through the Wounds to Wisdom Initiative, the organization facilitated 27 trauma-informed support group sessions across four shelters, serving approximately 270 survivors of domestic violence.

The Strength Warehouse supported 76 families, including 16 families transitioning from shelter to stable housing and an additional 60 families receiving essential household goods and resources.

In addition, HREC4DV conducted 7 community education and training events, expanding awareness and access to trauma-informed care and domestic violence support services.

Key Impact

- **Meals Distributed:** 11,700 → 97%
- **Support Group Participants:** 120 → 1%
- **Families Served (Warehouse):** 76 → 1%
- **Education & Training Events:** 7 → 1%



Largest Measurable Impact:

Noble Plate Program: Food Distribution

Deepest Impact:

Wounds to Wisdom: Healing Work (smaller number, but high value per person)

Equity, Inclusion and Community Demographics

HREC4DV is deeply committed to serving diverse and underserved communities with dignity, respect, and compassion. Our programs are intentionally designed to be inclusive, accessible, and responsive to the unique cultural and social needs of the populations we serve.

The individuals and families supported through our programs reflect the rich diversity of the communities across Harris and Fort Bend Counties. Based on our current service data, our participants identify as:

- **41% Hispanic/Latino**
- **23% African American**
- **23% Caucasian**
- **8% Multiracial**
- **3% Asian**
- **2% Native American**

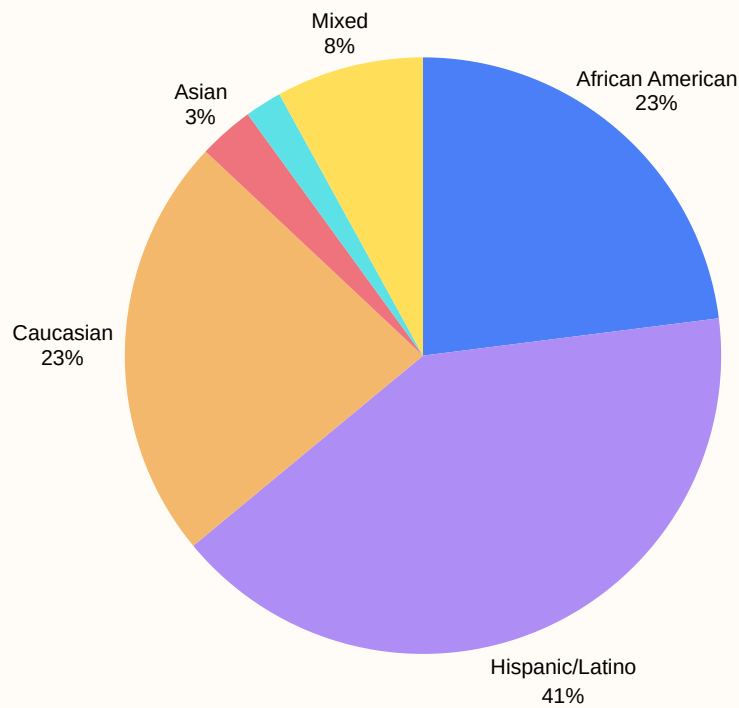
This diversity highlights both the widespread impact of domestic violence and the importance of culturally responsive, trauma-informed care.

HREC4DV maintains a strong commitment to **non-discrimination and equitable access to services**. We do not deny services based on race, ethnicity, gender, religion, socioeconomic status, immigration status, or background. Our goal is to meet individuals where they are and provide support without judgment or barriers.

As a community-based organization, we strive to ensure that **no individual or family in need is turned away**. Whether through direct services, referrals, or partnerships, we work diligently to connect every

person to the resources and support necessary for safety, healing, and stability.

Through this inclusive approach, HREC4DV continues to foster a safe and welcoming environment where all individuals feel seen, valued, and empowered to rebuild their lives.

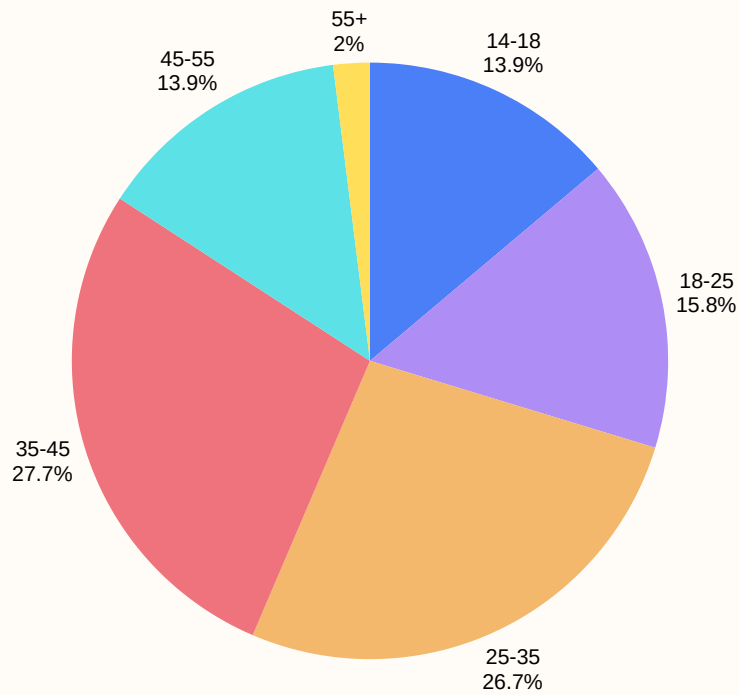


Age Demographics

HREC4DV serves individuals across a wide range of age groups, reflecting the broad impact of domestic violence and community need. Based on participant data, the age distribution of those served includes:

- **14–18:** 14%
- **18–25:** 16%
- **25–35:** 27%
- **35–45:** 28%
- **45–55:** 14%
- **55+:** 2%

The majority of participants fall between the ages of 25–45, highlighting a critical need for services that support individuals in key life stages, including parenting, economic stability, and relationship development.



Our Volunteers

HREC4DV deeply values the dedication and compassion of our volunteers, who are essential to the success and growth of our programs.

Over the past year, our volunteers contributed approximately 450 hours of service.

Overall Impact

HREC4DV envisions a future where individuals and families impacted by domestic violence have access to comprehensive, trauma-informed support systems that not only address crisis but foster long-term healing, independence, and well-being. Through continued growth and innovation, the organization remains committed to transforming lives, strengthening communities, and breaking cycles of violence.





Next Steps

- HREC4DV is in the process of developing a **Batterer Intervention and Prevention Program (BIPP)** aligned with Texas standards. This program will focus on accountability, behavioral change, and the prevention of future violence, addressing the root causes of abuse while prioritizing victim safety. The introduction of BIPP services represents a critical expansion into violence prevention and system collaboration, allowing HREC4DV to work alongside courts, probation departments, and community partners to create safer families and communities.
- HREC4DV is developing the **Return to Self-Program** consisting of group and one-on-one for pay coaching services to create a sustainable funding stream while expanding access to preventative emotional wellness services. These programs will serve individuals experiencing stress, anxiety and trauma responses due to domestic violence, while helping subsidize free services for survivors in shelters.

www.houstonrec4dv.com
support@houstonrec4dv.com

