

FACES OF FAMILY CENTERS: Angela Ellis



Angela Ellis will go to great lengths for the well being of her daughters. As a single mother, Angela makes the safety and happiness of her children her highest priority – even as her own personal stressors pile up. Unfortunately, these burdens became too much to bear last spring when Angela’s job was cut from full-time to part-time.

“I was stressed out,” she said, recounting the day she was referred to Family Centers. Struggling to make ends meet, Angela was overwhelmed by the sudden decrease in income, which coincided with various medical issues and was impeding her ability to provide for her children.

Sensing Angela could use someone to talk to, a social worker at the state Department of Social Services suggested she work with the **Family Strengthening Program**. Family

Centers immediately helped Angela obtain the resources she needed to get back on her feet financially, which included acquiring affordable insurance, a Section 8 voucher and other ways to pay bills.

But the Family Strengthening Program did more than help Angela recover her financial footing. She emphasizes that the counseling she receives has also improved her family life. “They helped me have a life again,” she said. “I say communication is the best thing in life. I’ve found that having someone to talk to can take away so much stress. By working with the people at Family Centers, I’ve learned that there is help for everybody.”

Now, Angela laughs about the extent to which her counseling has impacted her life. “I’ve lost weight too! Almost 50 pounds! My friend jokes that Family Centers even helped me with my stomach. I’m just much more relaxed these days. I feel great.” Living a healthier, happier and less stressful life, Angela is back to focusing on being the best mother she can be.