

Building Strong Children

“It is easier to build strong children than to repair broken men”

-Frederick Douglass

JPA understands that for children to thrive, they must have a solid foundation. That is why JPA provides vital mental health services and support not only to children, but also to their most important adult influences, parents and teachers, to ensure the best possible outcomes for Chicago's youth - our future.



School-Based Therapy Services

JPA provides individual and small-group therapy for children affected by trauma so they can express their emotions in a safe space and find ways to create positive, caring relationships with teachers and peers.

Throughout the 2021-2022 school year, JPA partnered with 18 schools in neighborhoods on the south and west sides of Chicago where violence and poverty are prevalent due to years of disinvestment and neglect



of children in individual therapy, as rated by their teachers, make substantial progress throughout the school year.

“I jumped up a level in reading! I think it's because I can talk about my dad being in jail and how it makes me feel.”

- 3rd Grade Boy

WeROCK (We Reach Out to Chicago's Kids)

JPA's WeROCK program brings community members and corporate partners into the classroom to work on a project with students from JPA partner schools. Volunteers can choose to create their own activity in order to teach the students about their company or industry or they can choose a project developed by JPA. These fun and interactive activities are not only educational, but they let kids know that they matter and that there are caring adults outside of their own communities who want to help them succeed.

Drop-In & Crisis Counseling Sessions

JPA therapists provide front line guidance in both elementary and high schools.

Parent Support

JPA offers workshops and group sessions to hundreds of parents each year to help them cope with trauma's effects and provide options for strengthening positive, supportive relationships with their children.

Over 95% of parents participating in parent workshops report learning useful information/strategies about child development and parenting.

Individual Therapy For Caregivers

One of the unexpected outcomes of the pandemic was that JPA therapists experienced an unprecedented level of contact with their clients' primary caregivers. As a result, JPA has expanded its services to include individual therapy for parents and other family members.

86% of school-aged individual therapy clients have a parent who has regularly requested time for themselves with their child's therapist.