



# KOREAN AMERICAN FAMILY SERVICES

2016 ANNUAL REPORT





# OUR MISSION

**To support and strengthen Korean American families and individuals in the Greater Los Angeles area through counseling, education, and social services.**

KFAM was founded in 1983 by immigrant Korean women inspired by the vision of Dr. Tae Young Lee, Korea's first female attorney, an early advocate of the rights of women, and the founder of the Legal Aid Center for Family Relations in Korea. KFAM opened its doors to offer hope and help for immigrant families devastated by economic hardships, immigration stress, and family strife.

The original mission and vision live on through KFAM's broad range of family intervention, mental health, and social services that provide an important safety net for families and community members. Our dedicated, skilled team of bilingual staff and volunteers serve over 6,000 adults and children each year with quality, culturally-responsive services and compassionate care that speak directly to the challenges among Korean American families undergoing trauma or adaptation stresses. Our services truly provide a vital safety net for resource-poor families without access to care.

*Changing Lives, Strengthening Families*

Since 1983

# LETTER FROM KFAM

Dear KFAM Friends,

2016 was a momentous year for KFAM. In our Asian Foster Family Initiative, we became licensed as a Foster Family Agency (FFA), making us the first FFA in the nation specializing in the needs of Asian Pacific Islander (API) foster children and families. When we started the project in 2014, we could not find a single active, licensed foster parent of Korean descent in Southern California. What we found instead were heartbreaking stories of abused and neglected children who had been taken away from their families by child protective services and placed in homes that did not share the same food, customs, or even language. **We are proud to say that today, there are 35 approved Korean foster families in Southern California who have taken in 42 foster children, 12 who have been adopted or are in legal permanent guardianship.** We've expanded into other API communities and just approved our first Chinese foster family to increase the diversity of API foster parents who can provide culturally sensitive homes to the 600-800 API foster kids in LA County.

In the Domestic Violence Department, we continue to develop culturally responsive, innovative strategies tailored to reach our vulnerable Korean American victims and impacted families. We trained 52 Korean faith leaders to recognize domestic violence (DV) and refer victims to KFAM through our 2-day retreat, 40-hour trainings and Korean Faith Advisory Council. As more Korean sexual assault and human trafficking clients come to our doors seeking help, we have been expanding our services to support more of these victims as well.

In the Counseling Department, KFAM provided individual counseling to 300+ children and adults, many through our R.O.C.K. program that allows the most vulnerable community members who are undocumented, uninsured, indigent, and ineligible for government services such as Medi-Cal to receive free mental health services. Our Mental Health Screening Day and community wellness seminars continue to expose more Korean Americans to KFAM and our counseling services.

We strive to support our community from cradle-to-grave, from our Child Care Food Program for preschoolers through yoga for our seniors. Altogether, our 24 bilingual/bicultural staff and 16 board members are ensuring that the 6,000+ clients KFAM serve each year are receiving the highest quality care possible.

Thank you for your support as we continue our journey.

Sincerely,



Sunny Kang  
Chair



Connie Chung Joe  
KFAM Executive Director



# BLOSSOMING THROUGH A NEW VIEWPOINT

*A Counseling Client Story*

*Chung was Lauren's former client at Korean American Family Services and wanted to share her story with the community. She tried to keep her thoughts and emotions hidden away from her friends and family. She hoped it would all go away with time and tried to keep herself busy to fill the void she had inside. But as time passed, she felt nothing was positive in her life and wondered if there was any good in her world. One day she was reading the newspaper and came across an article about finding help and healing through Counselors. She said the first step, calling and arranging an appointment was the hardest, but through her counseling sessions she saw people were all unique in their own ways and all these ideal images she had about people and herself were not true. She finally started to accept herself for being different.*

“Every day was a struggle for me. Everyone was better than me in everything. Everyone made all the right decisions and choices in their lives. However, things never seemed to go right for me. All my decisions were wrong. If I chose left, it should have been right or if I chose to walk, I should have driven. My entire life was filled with the wrong choices I made.

These damaging thoughts circled my head every day. I always saw the negative things first, in situations and in people. If something good happened to me, I thought of something bad that could happen because of the good.

**Life was so hard for me. I was crippled by my own distorted point of view, which I wasn't aware of.**

Getting myself to make a call to KFAM was the hardest. I dialed the number multiple times but I would hang up when someone picked up. I didn't know what to say or what if I answered a question wrong? A couple months passed before I built enough courage to speak to the receptionist and make my appointment.

I met my counselor, Lauren, at KFAM for a session. At first, it was really hard to open up and talk about my thoughts and my feelings. I didn't want to share my personal thoughts to a stranger, ones I never had even told my family or my closest friend. Then one day, I was very emotional and started talking about how I felt. After that particular session, I never felt ashamed or uncomfortable sharing with Lauren. Every week I came, I felt a little better. Then I started to look forward to my meetings with Lauren. I wanted the weeks to come quicker.

During our counseling sessions, I could see myself through someone else's eyes. She helped me see myself in a different way. I finally understood. I was living in this world with other people who had diverse backgrounds, different skills and values. We didn't all think the same way or see things the same.

## It was okay for me to be different. It was normal to make wrong decisions, I couldn't always be right.

I thought since we are all human, we thought and lived the same way. We all go to work, eat and sleep. But we are not. We are all different, we have different jobs, different food preferences, different bed times and can even have different opinions on the same thing. This new realization helped me understand myself, my family and my friends. We are all different and it is okay.

My childhood experiences affected my behavior, thoughts and personality into my adulthood. I was not aware of the existence of this connection. I thought everything had happened in the past, and so it was not important. I only focused on the future because that was what I needed to prepare for and look forward to. I didn't know what made me sad and hopeless. However, with the help of Lauren, I realized that bad memories consumed me negatively in my life. They laid in my unconscious where they could not be erased or undone. They caused me pain and would continue to hurt me unless I took helpful actions to heal them. Lauren helped me look into my past and pull out the negative memories and search for the positive in them. I remember telling Lauren, there wasn't anything positive, but when I searched, there was always something good in the bad memories. I started to sort through my grief, talked about the pain in the past and it made me feel a lot better. As each bad memory was discussed and pulled apart, I felt lighter and hopeful. I could feel myself healing, this was all new to me.

My friends and family began to notice a difference in me too. They would ask, "Did you get a new job? A promotion?" They said I looked happier, I smiled more and talked more than normal. (I am a Korean ahjuma, so I know I talk a lot and have a lot to say in general.) I told them, I receive counseling every week. I felt so proud to say that I found help through KFAM and anyone can go to ask for help.

In our culture or maybe in any culture, it is really hard to say that we go to a counselor or a counseling center. It is hard to

talk about feelings, thoughts and mental health with anyone. I was very secretive at first and didn't want to tell anyone. I didn't want people to point fingers at me and talk about me behind my back. But I would think about how sad I was and how much I hated myself before getting professional help from Lauren. I would never put myself through that again and wouldn't want any of my friends or family feeling the way I used to feel. It was very painful and looking back, it caused me a lot of suffering. So when people asked, what has changed? I replied that I got help from Lauren at KFAM and that she is a magician that helps you see yourself and your life in a brand new viewpoint.

With Lauren's help I saw a different person inside me, a woman who loved herself and was always on my side. I think she was always there but I needed to find her deep within. Through the sessions, when I expressed my feelings and concerns, I saw that I was the only one who was so mean and negative to myself. I noticed that no one thought about me in negative light except for me. I was the one who brought myself down and hurt myself.

## I decided that I was the only one who could help myself. I wanted to change the way I thought and saw the world. I wanted to accept myself.

Since my sessions, I am more relaxed and I feel more comfortable about myself. Every day is still a struggle and I am trying to figure out a way to overcome my hardships. I think everyone is trying every day to overcome hardships too. And I know whatever choice I make, it will be done with a lot of thought and with a positive outlook. Since I have changed the way I think, now I know I am going down the right path and direction. I know it will be okay. I can make wrong choices and deal with the consequences. This will make me a better person and help me become stronger.

I would like to thank Lauren from the bottom of my heart for helping me. Meeting with her has made me feel relieved and much better about myself and my life. I really hate change, but I am changing for the better and my life is changing for the better. I want to change myself and I want her to see what she has done for me. In the future, when I meet Lauren, I want to show her a happier, healthier and confident Chung.



# CHILD & YOUTH WELLNESS

## *2016 Program Highlights*

KFAM provides intervention services and education to strengthen families and promote child wellness. We also conduct public awareness campaigns to raise awareness on highly stigmatized family issues in the Korean community such as behavioral health and child abuse.

### **Child Care Food Program**

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Working with the US Department of Agriculture and the California Department of Education, KFAM subsidizes nutritious meals at licensed day care centers and home providers in Los Angeles and Orange Counties. To ensure the health and wellness of over 3,200 children served daily, KFAM provides our 241 participating child cares with monitoring and training on nutrition, safety, and child development. In 2016, KFAM trained 320 providers and teachers with United States Department of Agriculture and Nutrition Services Division regulations through 8 workshops.

### **Mommy and Me Classes**

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In partnership with Best Start Metro LA, KFAM began our own Korean language Mommy and Me classes. The classes help immigrant mothers and their children interact and bond through singing, dancing and moving. The class helps stimulate toddlers' senses and teaches them valuable developmental skills, while also providing a supportive community for monolingual immigrant parents. In 2016, there were 26 weeks of classes, 52 sessions and 364 participants.

### **Townhall Prevention to Underage Drinking**

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Working with the Substance Abuse and Mental Health Services Administration (SAMHSA) to empower teenagers through education and discussion, KFAM reached 39 Youth, Middle and High School students to educate them about the danger of underage drinking, smoking, physical and mental risks of alcohol and substance abuse and how to handle peer and social pressure.

### **Youth Mentorship & Health Education Program (MHEP)**

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A joint program with UCLA's student group, Community Medicine in Koreatown, MHEP began in October 2013 to provide tutoring, life skills training, and one-on-one mentoring for at-risk Korean immigrant teens. Korean American UCLA students run this Saturday morning program during the school year.

### **Teen Dating Violence Seminar**

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During the month of October, KFAM's family advocates provided 3 seminars to 42 teenagers about different types of dating violence that can occur within a relationship among adolescents, how to create healthy relationships and when or how to ask for help in an unhealthy relationship.

### **College Readiness Workshop**

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In July, KFAM held its annual College Readiness Seminar for High School juniors and graduated seniors learned what to expect in college academically, socially, physically and mentally and to gain insight on being successful in college. Through a panel of current and recently graduated college students.

# CLINICAL COUNSELING

## *2016 Program Highlights*

KFAM's mental health services are tailored to the unique needs of Korean American families, adults and children. Our professional bilingual and bicultural counseling services promote recovery, resilience and positive change in the lives of our clients and their families. Our highly-trained counselors work with clients on personal conflicts, relationship problems, and other life challenges such as: depression, anxiety, grief or loss, trauma, marital conflicts, parent-child conflicts, family violence, anger, acculturation stresses, and workplace issues. Counseling services are private and confidential. Our services are open to everyone regardless of income, insurance, immigration status, or other barriers. In 2016, KFAM served 258 adults and 51 children with counseling services, 88% of whom were primarily Korean speaking 72 of our clients were low-income and 148 were below the Federal Poverty Level.

### **Programs and Services**

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- Child, Adolescent, and Adult Counseling
- Couples and Family Counseling
- Psychiatric Medication Support
- Prevention and Early Intervention Services
- Integrated Clinical Program (for mental health clients with co-occurring physical health and/or substance abuse issues)
- Anger Management
- Parenting Class
- Triple P: Positive Parenting Program

### **Mental Wellness Seminar Series**

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Throughout the year, KFAM offers wellness education on priority issues for Korean American adults and children such as stress, anger management, depression, anxiety, and life stage issues. In 2016, over 300 community members participated in free workshops on Anger Management and Mental Health Community Seminars.

### **Resilience to Overcome Challenges for Korean Families (R.O.C.K.) Counseling**

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Since 2015, through anonymous \$50,000 annual donations, KFAM was able to provide pro bono counseling services to serve 88 Korean American clients who are undocumented, uninsured and extremely low-income.

### **Positive Parenting Workshops**

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In 2016, KFAM held two parenting workshops for 18 parents to build effective parenting skills, enhance children's self-esteem, solve challenging situations and explore children's physical and mental development including age-appropriate milestones.

### **Healthy, Happy and Healing Seminar for Mothers**

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Collaborating with A Window Between Worlds, KFAM held a four part healing art seminar services for mothers, where they learned in depth about their feelings and emotions through a variety of art media. Each seminar was focused on expression and re-discovery of oneself as an individual rather than as just a wife or mother.

### **Building a Happy Family Workshop**

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In October 2016, KFAM held a day of seminars and small groups divided by individuals in different life stages (children, young adults, married couples, middle-aged adults and seniors) groups discussed struggles and difficulties in their lives and with their families and how to find solutions to resolve them. There were 133 participants ranging from 1 to 80 years old.



# FAMILY VIOLENCE

## *2016 Program Highlights*

KFAM's Center for Women and Children provides free trauma-informed care and support for domestic violence victims and families. Our continuum of care - from crisis help, case management, to survivor support - helps them achieve safety, while empowering them as they journey toward healthy, violence-free lives. Recently, we have been expanding our victim services to include sexual assault and human trafficking survivors. In 2016, we served 188 victims with case management, hotline phone calls, and support group services.

### **Programs and Services**

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- Domestic Violence Counseling & Mental Health Services
- Case Management and Advocacy Services
- Public Benefits Assistance
- Restraining Orders
- Translation and Interpretation
- Court/Police/Hospital Accompaniment
- Housing Assistance and Shelter Linkage
- 40 Hour Domestic Violence Training
- 52 Weeks Batterer's Intervention Program
- Teen Dating Violence Seminars
- Financial Counseling & Workforce Development
- Life Beyond Weekly Survivor Support Group
- Art Workshops for Exposed Children
- Child Supervised Visitation
- Child Abuse Prevention, Intervention, and Treatment
- DV Education and Training to Community/Faith Leaders
- **24-Hour Crisis Line: (888) 979-3800**

### **Korean Faith Community Partnership Against Domestic Violence & Korean Faith Advisory Council**

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KFAM has been working closely with Korean American Christian leaders to address Domestic Violence. Studies show 70%-80% of Korean Americans attend church regularly and faith leaders are often the first people Korean Americans go to when DV is occurring. KFAM organized the Korean Faith Advisory Council comprised of influential Korean faith leaders in the greater Los Angeles area. Under its leadership and guidance, the Council has developed clergy outreach and training activities, resources and tools to strengthen the community's response to DV. In 2016, KFAM organized a 2-day intensive DV retreat for 28 faith leaders, 40 hour DV training for 16 faith leaders, and a 14-week seminary class at Bethesda University.

### **National Korean American Coalition to End Domestic Abuse (NKACEDA)**

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NKACEDA is a partnership with Korean DV advocates from across the nation. Participants shared knowledge with one another and are looking for ways to collaborate to address DV at a national level for our community.

### **Blue Shield Peer Learning Exchange**

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KFAM hosted a Peer Learning Exchange program funded by Blue Shield Foundation, with three other API agencies to train, share and discuss culturally specific community faith partnerships to address domestic violence in the community. KFAM spent the day showing other API DV organizations how to engage with faith leaders and best practices for partnerships with churches based on our past four years of work with faith leaders and institutions to better address the needs of underserved API immigrant domestic violence survivors and communities.

# ASIAN FOSTER FAMILY INITIATIVE

## *2016 Program Highlights*

KFAM's Asian Family Foster Initiative recruits, trains and supports Korean and other Asian Pacific Islander (API) foster parents to provide culturally and linguistically appropriate homes to API foster children in LA County. With the success we had in the Korean community in 2014, KFAM expanded in 2015 to other API communities. In 2016, KFAM became the first licensed Foster Family Agency in the nation specializing in the API community.

### **Programs and Services**

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- Public Awareness Campaigns
- Information Sessions and Orientation
- Korean 20+Hour Resource (Foster) Parent Training
- Application Clinics
- First Aid/CPR Classes
- Case Management
- Counseling with Positive Parenting Program
- In-Home Support for Families
- Foster Parent Support Group
- Faith Based Support and Church Partnership
- Referrals & Linkages
- Volunteer Training and Respite Care
- Gifts from the Heart: Backpack Drive
- Christmas Gift Drive
- Hanmi Bank Scholarship Program

### **Information Sessions and Orientation**

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In 2016, KFAM held 6 information sessions for the community to inform participants on how to become foster parents, identify potential foster parents and to meet former foster parents and children in the local community.

### **Gifts from the Heart: Backpack Drive**

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KFAM held the 3rd Annual Backpack Drive to provide new backpacks and school supplies to API foster children for the new school year. In August, KFAM raised enough donations for 26 volunteers to fill 333 backpacks to deliver to the kids.

### **Christmas Gift Drive**

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In November, KFAM's Christmas Gift Drive raised funds to fulfill the Christmas wishes of 90 Asian foster children. We had 36 volunteers wrap gifts, create ornaments and make Holiday cards for our foster families. Then in December, KFAM held our 3rd Annual Christmas Party with the Asian Pacific Program of DCFS, where we hosted a fun-filled lunch party for 200+ foster parents and children and handed out the wrapped Christmas presents to the kids.



한인가정상담소  
KOREAN AMERICAN FAMILY SERVICES

Caring for  
Korean Families  
Since 1983



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Caring for  
Korean Families  
Since 1983





# COMMUNITY PROGRAMS

## *2016 Program Highlights*

KFAM offers free services and programs to provide holistic care and support to our community members. Our community programs provide families with resources, education and support to meet their diverse needs and enhance their quality of life. We strive to strengthen families, empower lives, and promote community wellness through a broad range of education, outreach and wellness activities. In 2016, KFAM provided information and referrals to 2000+ callers and visitors and served a total of 2,500 clients.

### **Yoga for Seniors**

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KFAM offers Yoga classes twice a week to keep our elders healthy and active through a range of movement exercises, stretching, strengthening, breathing and relaxation to refresh, energize and improve sense of well-being.

### **Family Law Clinic**

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In partnership with the Legal Aid Foundation of Los Angeles and Asian Americans Advancing Justice, KFAM offers free legal consultation and advice to understand legal processes and forms, translation services and some representation in family and immigration matters to Korean speaking clients.

### **Consumer Mediation Talk Line**

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KFAM provides free mediation service for limited-English speaking consumers who are involved in disputes or may be experiencing deception or fraud.

### **Open Composition Writing Club**

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KFAM worked with a volunteer English Language and Literature Professor to create a writing club for participants to share their struggles and triumphs through writing and storytelling. The writing club began sharing stories on their public blog to reach a greater audience in hopes to provide healing and begin conversations with other individuals who might be feeling the same way.

### **Rainbow Art/Drawing Classes for Adults**

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KFAM provided free art and drawing classes led by a volunteer once a week where they would learn how to sketch, shade, control tones, and paint with watercolors and acrylics.

### **Family Art Workshops**

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Collaborating with local churches and community organizations, KFAM provided art workshops for families to spend time together and express their feelings to each other through art. This workshop helped parents learn a different way to effectively communicate with their children and to spend time learning how their kids think and feel.

### **Korean Calligraphy Class**

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Every Saturday, students learn how to make ink out of the inkstone to create traditional artistic drawings and writings in Hangul and Hanja using a calligraphy brush.



258

Adults received Individual Counseling and average have seven sessions with our Clinical Counselors



51

Children received Individual Counseling and average have eight sessions with our Clinical Counselors



88%

of our Counseling Clients are Primarily Korean Speaking



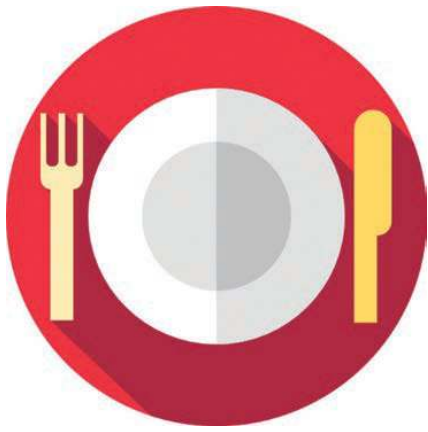
52

Faith leaders collaborated with KFAM to strengthen the community's response to Domestic Violence



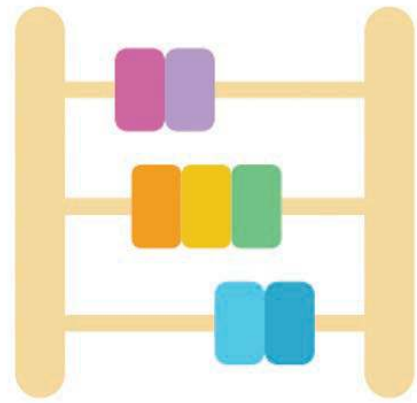
300

People outreached in our community in October during Domestic Violence Awareness Month



1.47

Million Healthy Meals and Snacks Served to children 0-12 ages through our Child Care Food Program



364

Mothers and children bonded through music, dance and art during the twenty-six week Mommy and Me classes



12

Children have been adopted through our Asian Foster Family Initiative Program



45

API Foster Children living with API Foster Parents, who went through KFAM's Asian Foster Family Initiative Certification Program

# KFAM STAFF

**Connie Chung Joe, JD, Executive Director**  
**Katherine Yeom, Director of Operations**  
**Anna Kang, QA Analyst**  
**Bryan Kim, Finance Manager**  
**Calvin Yang, Clinical Counseling MFT Trainee**  
**Chloe Kim, MFTI, Clinical Counselor**  
**Dong-Hee Kim, Community Relations Specialist**  
**Estee Song, MEd, Asian Foster Family Initiative Program Consultant**  
**Hae Young Park, LMFT, Clinical Counselor**  
**Hyunmi An, LMFT, Clinical Counseling Manager**  
**Jamie Yang, MSW, Asian Foster Family Initiative Social Worker**  
**Jane Lee, MFTI, Asian Foster Family Initiative Program Manager**  
**Jennifer Oh, LCSW, Domestic Violence Consultant**  
**Jessica Ra, Administrative Assistant**  
**Joanne Han, Development Coordinator**  
**John Kim, MFTI, Clinical Counselor**  
**Jonathan S. Kang, PhD, PsyD, Clinical Counseling Director**  
**Joyce Woo, Clinical Counseling MSW Intern**  
**Jungyeol Oh, PhD, Psychologist and Psychiatric Nurse Practitioner**  
**Lauren Kwon, MEd, LMFT, Clinical Counselor**  
**Na Young Ko, Child Care Food Program Manager**  
**Paul Yoon, MFTI, Clinical Counselor**  
**Robyn Harrod, LCSW, Asian Foster Family Initiative Project Manager**  
**Sei-Young Lee, PhD, Domestic Violence Advocate**  
**Sunhee Kim, MFTI, Domestic Violence Program Manager**  
**Sylvia Kwon, MFTI, Clinical Counselor**  
**Yekyeong Noh, Domestic Violence Advocate**  
**Yunsook Choi, Office Support Specialist**





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Young Jun Tan  
Young K. Susan Chung, MD  
Young Whan Ahn  
Yung Choi

# THANK YOU

*It's through your donations and support that we are able to share these success stories.*



"저는 PTSD 로 인한 심한 공황장애를 오래 동안 앓아 왔습니다. 한인가정상담소의 ROCK counseling program을 통하여 지속적인 심리치료와 보살핌으로. 이제 저도 바깥 세상으로 나와 활동할 수 있게 되었습니다. 끝까지 제 손을 놓지 안으시고 이끌어 주셔서 많이 감사드립니다."

"I have been suffering for a while from severe pain disorder due to PTSD. I was able to receive free counseling through the R.O.C.K. program at KFAM. Through my sessions I was able to pull myself out of a hole and re-join the world I used to know. Thank you for holding my hand when I needed it the most and guiding me through my recovery."

- KFAM Counseling Client

"가정, 여성, 어린이를 돕는 전문 기관인 한인가정상담소를 통해 현장의 이야기를 배울 수 있었고, 이를 사역에 접목하여 가정 문제로 어려워하는 성도들 보다 실질적으로 도울 수 있었습니다"

"KFAM is an agency that specializes in helping families, especially women and children. I was able to learn and observe their work, and then I was able to use those skills to effectively help our families in need."

- Member of the Korean Faith Advisory Council to End Domestic Violence



# 2016 KFAM SUPPORTERS

## GOVERNMENT

California Department of Education  
First 5 LA  
LA County Department of Children and Family Services  
LA County Department of Mental Health  
LA County Department of Public Social Services  
LA County Second Supervisorial District,  
Supervisor Mark Ridley-Thomas  
US Department of Agriculture  
US Department of Justice Office for Victims of Crime  
US Department of Justice Office on Violence Against Women

## \$100,000 AND UP

Blue Shield of California Foundation  
J.B. and Emily Van Nuys Charities  
The Albert Kim Foundation  
Weingart Foundation

## \$50,000 TO \$99,999

Ahmanson Foundation  
Anonymous  
Cedars-Sinai Medical Center  
The Ralph M. Parsons Foundation

## \$25,000 TO \$49,999

Hanmi Bank  
Open Stewardship Foundation  
The Chung Family Inter Vivos Trust  
Turbo Charitable Foundation

## \$10,000 TO \$24,999

Capital Group  
Yong Hwan Kim  
New Life Vision Church  
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## \$5,000 TO \$9,999

Asian Pacific Community Giving Circle  
Capital Group  
Commonwealth Business Bank  
Drs. Alice and Julia Song  
Heimbuch Family Foundation  
Jeremy and Connie Chung Joe  
Joanne Kim  
Rotary Club District 5280  
Saint Cross  
TJX Companies  
Wells Fargo Bank  
Kimberly Park Foundation  
Open Bank

## \$3,000 TO \$4,999

Alvin and Joyce Kang  
C. G. Kum

Crowe Horwath  
CHA Hollywood Presbyterian Medical Center  
Law Offices of Steven C. Kim  
Legal Aid Foundation of Los Angeles  
Overseas Koreans Foundation  
Southern California Edison

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