

A NOTE FROM OUR EXECUTIVE LEADERSHIP

During 2025, Relate remained committed to improving mental health across the west metro communities we serve. At the heart of our efforts this year was the completion of a strategic plan that will guide our work in the years ahead. The plan provides a clear path for a strong and resilient organization.

A central pillar of this plan is the continued strengthening of our programs and services. We are refining our clinical approaches and expanding access while maintaining a strong focus on quality and consistency. These efforts ensure that those who come to Relate receive effective and compassionate care grounded in evidence-based practices.

Equally important is our commitment to deepening community partnerships. This past year, we have invested in relationships with schools, area agencies, and community organizations. These partnerships allow us to extend our reach, reduce barriers to care, and collaborate on solutions that reflect the unique strengths and needs of our communities.



Our strategic plan recognizes that a strong culture, effective infrastructure, and long-term sustainability are essential to our success. By investing in our staff and fostering an environment where people feel valued and supported, we improve our ability to deliver high-quality care.

At the same time, thoughtful investments in systems, processes, and technology are improving how we operate and support both clients and staff. Relate is also committed to responsible stewardship by building a strong financial foundation, using resources wisely, and ensuring our services remain accessible.

As we reflect on the past year, we are proud of the progress we have made and grateful for the continued support of our community. With a clear strategic direction and a shared sense of purpose, Relate is well-positioned to build on this momentum, deepen our impact, and advance our mission with intention and care.

HISTORY

In 1969, parents and community leaders from the western suburbs came together over concerns about youth mental health and substance abuse. What began in the basements of two local churches grew in response to community need. Since then, Relate has expanded its services to support individuals and families at every stage of life.

Relate is an Essential Community Provider committed to serving underserved and low-income populations through a sliding-fee scale. We provide culturally responsive mental health care that strengthens individuals, families, and communities. Relate delivers services in two offices and through trusted community partners, including four food shelves and 50+ schools in Western Hennepin County and Eastern Carver County.



4

food shelves receiving support

50

schools with school-based services

4.7

satisfaction rating

98%

say their therapist offers safety & trust

PROGRAMS AND SERVICES

OFFICE-BASED SERVICES

At our two outpatient offices in Minnetonka and Eden Prairie, we provide therapy and diagnostic assessments for adults, adolescents, and children in individual, couple, family, and group formats. We offer these services in person and through telehealth. Every year, thousands of people turn to Relate Counseling Center for compassionate, high-quality mental health care that helps them heal, grow, and thrive.

"We are so grateful for this service! It has been such a blessing to my child. It has been so helpful to our family, and we are already seeing progress in his ability to calm himself. Thank you."

~ Relate Client

SCHOOL SERVICES

We partner with the State and Hennepin County To support seven West-Metro school districts and a parochial school in providing onsite mental health care. We provide early childhood programs in select schools. Services include individual and family therapy, staff training and consultations, parent support, and community education. We also provide chemical health services in select schools.

"There is not nearly enough access for youth needing ongoing mental health support. Families are overwhelmed, and schools are becoming the only consistent place where students can get help before things reach a crisis point."

~ School Social Worker

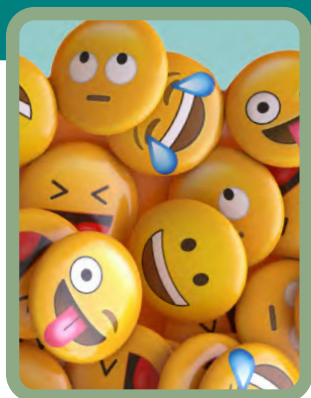
COMMUNITY PARTNERSHIPS

We provide free mental health services at four local food shelf partners including ICA, IOCP, PROP, and VEAP. Through these partnerships we offer mental health care services to highly stressed individuals and families who may not have access otherwise.

PRACTICUM PROGRAM

Relate partners with colleges and universities to offer a no-cost practicum program that provides hands-on clinical experience, supervision, and training for students pursuing mental health degrees. Partners include St. Mary's, Bethel, Augsburg, St. Catherine's, St. Thomas, Adler Graduate School, and the University of Minnesota.

CAMP EMOJI – FUN WITH A PURPOSE



While Camp Emoji feels like a traditional summer camp, each activity is intentionally designed to build social-emotional skills. Through crafts, games, movement, music, and small-group discussions, campers explore core emotions including joy, anger, worry, and sadness. Throughout the week, children practice identifying feelings, communicating emotions, and building coping skills they can use every day. Campers also create a personal coping toolbox of reminders and activities to keep using at home.

Camp Emoji reflects Relate's commitment to early intervention and prevention. Research consistently shows that helping children develop emotional awareness and self-regulation skills early in life can improve their overall well-being. Parents received

take-home resources that reinforce the concepts introduced during camp and create opportunities to practice these skills together at home. In 2025, Camp Emoji served 130 children.

One parent shared:

"My 6-year-old just finished up a fun 4 days of Camp Emoji and LOVED it! He's telling me about how his brain works and using words to describe his emotions! He came home with a great toolbox of goodies to use to manage his negative emotions."

2025 ORGANIZATIONAL IMPACT AND FINANCIAL HIGHLIGHTS

SCHOOL SERVICES

- 1,500 students served through school-based therapy
- 31,000 school-based therapy sessions delivered
- 300+ children served through summer programs
- 2,442 chemical health sessions delivered
- 87% of school clients report improved functioning
- 4.7 overall school satisfaction rating

OFFICE-BASED SERVICES

- 2,076 clients served
- 26,000 sessions provided
- 11,000 telehealth appointments provided
- 91% of office clients report improved functioning
- 4.75 overall office satisfaction rating

FOOD SHELF PROGRAM

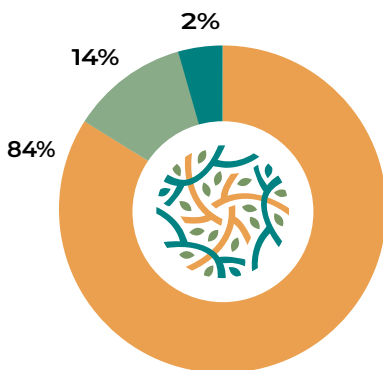
- 72 food shelf clients served
- 300+ volunteers and staff supported
- 859 mental health sessions provided
- 76 family members impacted

EARLY CHILDHOOD

- 81 young children served
- 762 therapy sessions for young children provided
- 455 children impacted through classroom-based interventions

"The clinician has been an important part of our child's village. We are so grateful for the support, accountability, thoughtfulness and compassion that she has shown to our child! A Top notch mental health practitioner."

~ Relate Client

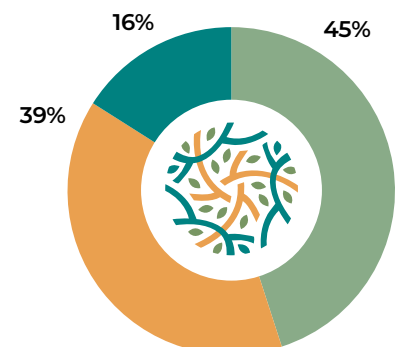


REVENUE

Service Fee Income	\$8,554,062
Grants & Contributions	\$1,425,677
Other Income	\$203,668
Total	\$10,183,407

EXPENSES

Office Services Therapy	\$4,486,896
School Services Therapy	\$3,888,643
General Operations	\$1,595,341
Total	\$9,970,879



FOOD SHELF PARTNERSHIPS



When families visit a food shelf, they are often carrying more than financial stress. Food insecurity, housing instability, trauma, and anxiety frequently go hand in hand. That's why Relate partners with local food shelves including ICA, IOCP, PROP, and VEAP to bring free mental health counseling directly into trusted community spaces. By doing so, we help remove barriers such as cost, transportation, and stigma. Last year, 72 individuals received free counseling through our food shelf partnerships. As a nonprofit, Relate relies on the generosity of donors and grant funders to make these services possible.

Embedding clinicians where people already seek help creates a seamless path to care. Clients can access therapy in a familiar environment while food shelf staff gain consultation and support that strengthens their ability to respond to mental health concerns. One community partner shared, "Relate is always responsive and willing to collaborate with us, and we have received positive feedback from clients as well." Another added, "We strongly value our partnership with Relate."

This partnership extends beyond counseling. Relate staff organized a food drive to support PROP Food Shelf, which reflects our shared commitment to helping neighbors meet both their immediate and long-term needs. Pictured is Camryn Heckel, Community Partnerships Manager, delivering donations collected by the Relate team.

By integrating mental health care into places people already know and trust, Relate is helping individuals and families strengthen well-being and move toward greater stability.

"Without counseling I would not have the tools to deal with my anxiety and stress." ~ Relate Client



SCAN HERE TO SUPPORT
RELATE OR VISIT
WWW.RELATEMN.ORG

Relate Counseling Center
5125 County Rd 101
Minnetonka, MN 55345

7700 Equitable Drive
Eden Prairie, MN 55344

952-932-7277
RelateMN.org

2025 BOARD MEMBERS

Barb Fordyce, President
Katy Burke, Vice President
Benita Bjorgo, Treasurer
John Peterson, Secretary
Margy Herbert
Melvin Cheatem
Stephanie Davy

Lawrence Graham
Julie Jurek
Bryan Kruelle
Karen Mathias Saboe
Marisa Plescia
Adam Thompson

EXECUTIVE TEAM

Joan Twiton, Executive Director
Arica Hanson, Operations Director
Ashley Teigland, School Services Clinical Director
Eva Fink, Office Services Clinical Director

Relate, Inc. is recognized as a tax exempt organization under section 501(c)(3) of the Internal Revenue Code.
Our Federal Tax ID number 41-0993494.

