



VOLUNTEER OPPORTUNITIES

Volunteers are matched to clients and tasks according to talents and time availability. CST provides both initial training and continuing support through our volunteer program. Many volunteers are students who come from university programs in human rights, international studies, and mental health.

Direct Client Support

- Basic ESL and conversation practice
- Acculturation education
- Transportation and bus orientation
- Resume writing and job search assistance

Administrative Support

- Light office work and data entry
- Fundraising and grant review
- Community outreach

Special Projects

- Sports and recreation
- Music, dance, and art activities
- Event planning and donations

CONTINUING EDUCATION OPPORTUNITIES

CST is a continuing education provider for Licensed Professional Counselors (LPC), Licensed Master Social Workers (LMSW), and Licensed Marriage and Family Therapists (LMFT). CST specializes in multicultural sensitivity and post-traumatic stress disorder.

For information on volunteer or continuing education opportunities please contact Samantha McGrath, Clinical Director:
(214) 827-2314 or samantha@cstnet.org

MAKE A DIFFERENCE

Your gift, no matter what size, makes a difference. By supporting CST, you are giving hope to thousands of torture survivors. Your tax-deductible donation will help heal the mental and physical wounds of torture and help rebuild the lives of survivors.

- \$5,000** will reunite a torture survivor with family members
- \$2,500** will provide clients one year of medical care
- \$1,000** will provide housing assistance for homeless clients
- \$500** will provide a torture survivor with interpretation services for therapy
- \$250** will provide food and clothing for a family of six
- \$100** will provide a client with transportation for a month
- \$50** will provide life-saving medications for clients struggling with health issues

Donate Goods

CST welcomes donations of Walmart/H-E-B gift cards and practical items such as food, housewares, and other family-based essentials. Bus pass donations are highly needed as access to public transportation is essential to the lives of clients.

Donate Professional Services

You can also support by donating valuable professional services. CST needs professionals who can provide medical, legal, mental health, and interpretation services, as well as printing, publicity, and technology services.

How to Donate

Monetary donations can be placed securely online through our website at www.cstnet.org/donate

To donate by check, please send your donation, payable to CST to:

Center for Survivors of Torture
5124 Burnet Road
Austin, TX 78756

For further details contact either office by phone:
Dallas (214) 827-2314 or Austin (512) 358-4612



Integrity. Compassion. Making a Difference.

Dallas

4102 Swiss Avenue
Dallas, TX 75204
(214) 827-2314

Austin

5124 Burnet Road
Austin, TX 78756
(512) 358-4612

www.cstnet.org

Over 500,000 torture survivors now live in the United States, with more than 45,000 in Texas alone.

Center for Survivors of Torture (CST) is the only active organization in Texas and Oklahoma trained in international torture treatment. CST is a 501(c)(3) nonprofit organization with offices in Dallas and Austin. CST provides psychological, social, legal, and medical services to international survivors of torture. Activities also include outreach and training for community service providers.

WHAT IS TORTURE?

The United Nations Convention against Torture defines torture as “any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person” by anyone working in an official capacity or with the consent of anyone working in an official capacity. Torture exerts control over people and communities to create a cycle of fear, intimidation, and alienation.

Torture survivors often suffer from post-traumatic stress disorder, depression, anxiety, nightmares, chronic pain, and flashbacks if not treated by a trained professional.

ABOUT US

The Center for Survivors of Torture has been providing integrated services to torture survivors since 1997.

In 2000, CST became an independent 501(c)(3) nonprofit organization. Since then, CST has treated more than 1,350 survivors, including asylum seekers, refugees, and asylees. CST receives funding from the Office of Refugee Resettlement and other grantees to provide services, training, and support across Texas and Oklahoma.



Healing international survivors of torture and trauma through counseling and related services.

OUR CLIENTS

Our clients are not victims, they are resilient survivors who continue to live and thrive.

CST provides services to clients from Africa, the Middle East, Central and South America, Eastern Europe, and Southeast Asia. In the last 10 years, we have served clients from 65 countries. Our clients are teachers, doctors, social workers, lawyers, artists, and others who supported democracy and change in their countries.

The types and severity of torture vary, as does the individual reaction and appropriate treatment. While some clients are recent survivors, others have long-term needs.

Clients are referred to CST by NGOs, lawyers, doctors, homeless shelters, emergency rooms, refugee resettlement agencies, faith communities, domestic violence workers, law enforcement, universities, immigration officers, and friends.

SERVICES

CST provides specialized psychological and rehabilitation services to international survivors of torture in order to promote emotional, physical, and economic self-sufficiency.

Primary Services

- Counseling, individualized treatment plans, and group therapy
- Social services and acculturation support
- Forensic legal and medical reports for asylum cases
- Referrals to specialized medical and legal services
- Community outreach and education

Complementary Services

- Food, clothing, medicine, and transportation
- English practice, tutoring, and class referrals
- Mentoring with compatible volunteers
- Acculturation activities
- Computer training
- Social events
- Art therapy
- Employment assistance and preparation

“People at CST have been so caring. I thought I was doomed. I would cry. I could not sleep or eat. The most helpful thing in my life is the center. Before, my world had ended, I was hopeless. Now it is better.”

-Finny
Survivor from Zimbabwe