



# SOLUTIONS

Your support is changing lives every day!

SPRING 2016

## Taming the “Hulk” Inside

**Thanks to you, Xavier is a happy little boy once again.**

**H**ave you ever been so frustrated you just wanted to just bang your head against the wall? That was how 8-year-old Xavier\* felt when we first met him. To see him today, you probably wouldn't guess that Xavier used to think he was the “Hulk.” He would have these bursts of anger and hit walls or slam doors. Sometimes he would even bite himself.

Xavier worried constantly. He had recently seen a family member in the hospital, so he worried about friends and family members dying. And he became afraid of ambulances and the police. He developed racing thoughts about everything. He lost a library book and imagined he would have



*A big thumbs up for helping Xavier tame his inner “Hulk!”*

to pay \$1,000 in fines. A rainstorm meant he should prepare for a natural disaster.

At school, Xavier's peers teased him. He had a hard time concentrating and was often restless, irritable or feeling on edge. He was having several tantrums a day. His parents felt overwhelmed and were desperate for support.

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## PEEK INSIDE:

**You, too, can blow big bubbles**



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**Thank you note from a happy family**



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**Do real men wear heels?**



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**Your Dollars** create opportunities for change! Children, teens, families and adults in our community rely on your support every day. Help them on the path to healing and recovery today. It's safe. It's fast. It's online. Visit us at [www.communitysolutions.org](http://www.communitysolutions.org).

### *Taming The “Hulk”, Continued from page 1*

Thanks to you, Community Solutions’ Prevention and Early Intervention (PEI) team was ready to help. And they were right there at Xavier's school, which made it really easy for him and his parents.

At first, Xavier was easily distracted and needed a lot of redirection. But as he worked with his therapist, Priscilla, he began to learn how to relax and manage his anxiety. Priscilla helped him to create his own “toolbox” of coping skills which he could “pull” from when feeling stressed or anxious. Xavier put in his toolbox the bubble exercise, deep breathing, and progressive muscle relaxation.

Xavier's parents reported back each week, sharing that he would often sit and use the skills he learned in session. He particularly liked using the bubble exercise and said he keeps a packet of “bubbles” in his pocket to

help him relax. He also took up a new hobby to reduce stress – dancing!

Xavier now enjoys going to school and spending time with his peers. He also enjoys being with his family without worrying. And, he loves to dance so much so that he danced for the entire PEI team when he graduated from the program!

Thanks to you, Xavier is no longer the Hulk. Today, he is just a kid – and his parents are so grateful.

*\*Name changed to protect client confidentiality.*

“Xavier went from being worried about everything to being free spirited. What a difference! And his parents were so grateful to have this program right there at his school” – Priscilla, PEI Therapist



*Stressed out? Imagine blowing bubbles – just like you did as a kid.*

## Does your inner “hulk” need taming? You, too, can “blow bubbles” to reduce stress.

**Y**ou and I know that taking a few slow, deep breaths can help us calm down and act more rationally. But children don't always understand how to do this. Thus, the “bubble” exercise. “We have them blow bubbles — literally,” says Rosa, Program Manager. “Even our 2- and 3- year-olds can do this.”

“In order to create a bubble,” explains Rosa, “you have to blow slow and steady. So we take out a bottle of bubbles and have them practice right here in the therapy room.” And if you don't have bubbles handy? “You pretend! Like Xavier, you keep an imaginary bottle of bubbles in your pocket to be used whenever needed – even at work!”

To: Generous Family  
From: Happy Family

**“Thank you so much for putting a big smile on my children's faces.”**

*~Marianne (mother of two)*

Thanks to you, our Holiday Giving Program brought happiness and tears of joy to hundreds of children, families and individuals during the holidays. It's months later now and the notes of thanks and joy continue to pour in. Here are just a few:

*“The smiley faces on my children just to see the gifts was the best feeling and that was all thanks to you.” — Ruiz Family*

*“I don't know you but would like to thank you from the bottom of my heart for the Christmas gifts we received for my children and me. This made the best Christmas my children had ever had. Thank you!” — Arlene T.*



*“Thank you for the bikes and gifts!” – Cadence, age 9*

silicon valley  
**gives**

May 3, 2016



### Double Your Impact

Join Community Solutions for Silicon Valley Foundation's online day of giving Tuesday, May 3, 2016 and **your donation will be matched dollar-for-dollar** by a generous Community Solutions donor!

Visit this website on May 3rd  
[bit.ly/CommunitySolutionsSV](http://bit.ly/CommunitySolutionsSV)

*Who will be the  
Heart of Gilroy 2016?*

*Join us to find out!*



*April 30, 2016*

*11:30 a.m. to 2:30 p.m.*

*Eagle Ridge Golf Club*

*Tickets on-sale March 18th*

[www.communitysolutions.org](http://www.communitysolutions.org)





## Real Men Dare to Wear Heels!

Show your wife, girlfriend, mom, sister, that you are man enough to walk a mile in her shoes.

Join us for a light-hearted walk promoting a very serious cause. Walk A Mile In Her Shoes is a march to end gender violence, teen dating violence and sexual assault while promoting positive, healthy gender relations.

Proceeds benefit Community Solutions and Emmaus House.



*Hollister firefighters are man enough, are you?*



*Heels and more - you can walk in style to end violence*

### WALK A MILE In Her Shoes

Saturday

April 9, 2016

4th & San Benito Sts.

Hollister

10 AM - 12:30 PM

Families Welcome!

Register at: <http://walkamilesanbenito.org>

Your support helps survivors of sexual assault everyday.

The path to healing and recovery can be hard for survivors of sexual assault, but thanks to you, they do not have to walk alone.

YOUR SUPPORT PROVIDES:

- 24-hour crisis line  
1-800-END-SADV
- Peer counseling & therapy
- Advocate accompaniment to medical procedures, interviews with law enforcement, court hearing, etc.
- Support groups
- And more

Thanks to you, we never have to leave a survivor until she is ready for us to go.

 Clip & Mail

**Yes, I want to help change a life today!**



Enclosed is my tax-deductible donation of:  \$25  \$50  \$100  \$250  \$\_\_\_\_\_

Please use my donation:  Where most needed  Children & Youth Programs  
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For credit card donations, please visit [www.communitysolutions.org](http://www.communitysolutions.org)