



# COMMUNITY SOLUTIONS

See how your generosity helped local youth & adults in crisis!

Fall 2024

## Tania didn't know where she would sleep or eat next

**Thank you for making sure she was safe and cared for**

**"M**y life was bad," says 16-year-old Tania.

"I was doing drugs and drinking alcohol ... I wasn't going to school. I was always out and about in the streets, and going from place to place for somewhere to sleep."

Tania was struggling with family issues and an abusive relationship with her mother. She slept wherever she could and was skinny from not having her basic needs met.

Thanks to you and your generosity, Tania was able to receive the care and support she desperately needed.

With the support of a caring advocate, Tania was able to get her basic needs met and begin the process of healing from her childhood trauma.

Tania received peer-counseling, housing advocacy, help acquiring a phone, food, and clothing, along with transportation



*Thanks to you, Tania no longer wonders where she'll sleep at night. Your support provided her with a caring advocate to help her get her basic needs met and begin to heal from her trauma.*

and financial assistance. Her advocate also helped her schedule a physical, teeth cleanings and dental work. Tania even got new glasses!

"[My advocate] didn't just say she would help me, she actually took the time to really help me," says Tania. "She helped me go back to school because she kept

encouraging and pushing me to better my life."

Tania has now gained some healthy weight and no longer does drugs or alcohol. She has a stable place to live and is going to school.

"I don't have to worry about where I'll sleep or get my next meal," she says.

**"[I learned that] there are genuine people in this world that want to help kids move past their traumas and live a happy, safe, and positive life." — Tania, age 16**

More stories about your generosity inside >>>

## FROM THE CEO



*Erin O'Brien  
President & CEO*

### Your generosity changed their lives!

Too many children, youth and adults in our community lack a support structure in their daily lives or a safety net when times get rough.

But thanks to you, local children, adults and families in crisis are getting the support they need right here in our community.

Tania, Denise and Lauren are just a few of the individuals whose lives have improved greatly due to your compassion and support.

Thank you for helping so many individuals and families in our community get the safety, care and support they need to heal and thrive.

## Denise's life felt chaotic and directionless

**With your support, she got treatment for her depression and is feeling like herself again**

Lacking a support system and appropriate care, 45-year-old Denise was struggling. She was not on proper medications for her depression and was hospitalized quite often. "My life was chaotic, and I did not have much direction," she says.

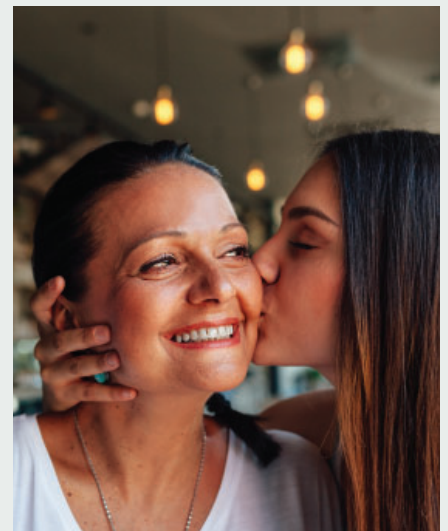
Your compassionate support provided Denise with the mental health care she needed as well as the structure that was missing in her life. With therapy, psychiatry and case management, Denise says that she feels like her former self again.

Being able to communicate her feelings and be honest in therapy was helpful for Denise, as was having her psychiatrist prescribe a new, effective medication. Today, Denise feels more at peace and is optimistic for the future. She feels she can be a better role model for her daughter.

"I have learned that there are genuinely good people in the world," says Denise. "I've learned that by trusting my team, that I was able to get through most anything."

Thanks to you, Denise doesn't feel like "the crazy girl" anymore!

"I feel like Community Solutions' value is to take a broken vessel and transform them into what God has meant for them to be," she says.



*Your support provided Denise with the therapy and medication support she needed to feel like herself again.*

## Lauren escaped abuse but was living in her car

**Thank you for helping her find safe shelter and a path to permanency**

**L**auren survived an abusive relationship but found herself living in her car. Without safe shelter, finding a job was difficult. But without a job, finding housing was even harder.

With each rejection, Lauren's self-worth plummeted further. She was spiraling downward.

Thanks to your generosity, Lauren was able to get the resources, counseling and support she needed to get her life back on track.

Through our Solutions to Violence Rapid Re-Housing Program, Lauren actively engaged in case management and peer counseling with a focus on housing searches, budgeting, and exploring resources for housing and employment.

Lauren struggled with a lack of income, low credit score and rental history.



*Thanks to you, Lauren is taking back control of her life. Your support provided her with counseling, resources and personal guidance to help her find housing and employment.*

After many rejections, her advocate suggested exploring temporary housing options to give Lauren more time to secure a job, save money, and build her rental history.

With rental assistance from the program, Lauren was

Lauren is now interning in the Employment Development Department with the potential for a full-time position. She loves helping people and sharing resources to help others facing financial hardships.

Thanks to you, Lauren

**“People like you, at Community Solutions, provide a stepping-stone to move forward.”**

Lauren, age 56

able to temporarily move into a shared space with family, which allowed her to focus on securing a job and saving money.

has regained her sense of self-worth and confidence. She still has goals she is working toward but she's proud to be taking back control of her life.

## Holiday gifts needed for local children

**You can help make a child's wishes come true!**

The holidays are coming up fast and children are busy making their holiday wish lists. But too many families are still struggling to make ends meet.

Parents are worried. How do you tell your child there will be no gifts for the holidays this year?

Local families are struggling to keep up with soaring rents and the high cost of groceries. Parents are working hard to make ends meet but there's nothing left for extra expenses, not even for the holidays.

**A donation of just \$50 or more today can provide gifts and other needed resources to make a child's holiday wishes come true.**

What's more, **your donation by November 20th will be doubled** thanks to a special \$10,000 matching gift!



*Your donation today will provide gifts and other needed resources to help make a child's holiday wishes come true.*

In addition to gifts, your donation will provide other important resources for the holidays like groceries for a favorite meal, blankets, heaters, warm pajamas, and more ... all the things that help a child feel cozy and safe for the holidays.

**Remember, your gift doubles if received by November 20th!** Please give generously today to help make a child's holiday wishes come true!

**Matching gift expires November 20th!**

### URGENT: Holiday Gifts match donation!

**Yes, Erin!** I want my gift **DOUBLED** to provide gifts and other needed resources to make a child's holiday wishes come true. Enclosed is my gift of:

- \$25**, which **DOUBLES** to \$50 to provide holiday gifts for 1 local child
- \$50**, which **DOUBLES** to \$100 to provide holiday gifts for 2 local children
- \$75**, which **DOUBLES** to \$150 to provide holiday gifts for 3 local children
- \$ \_\_\_\_\_ which **DOUBLES** to provide holiday gifts for as many children as possible!

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Give quickly, easily and securely online at [www.CommunitySolutions.org](http://www.CommunitySolutions.org)