



You Empower Women Veterans

Many veterans have difficulty transitioning from the military to civilian life. For women veterans it can be even more challenging. Many have trouble finding or keeping a job because of post-traumatic stress disorder, military sexual trauma, or medical or physical limitations. Many also struggle with being single mothers, face homelessness and need basic essentials such as food and help paying bills.

Catholic Charities offers a Career Essentials course that teaches women veterans various job and life skills to help them transition to the civilian workforce, get better jobs, and become self-sufficient because of generous supporters like you.

“Many of our clients went straight from high school to the military,” said Vivian Wechie, Senior Employment Coach, who coordinates the Career Essentials class. “We help them take the skills they learned in the military and transfer them to corporate America.”



On Dec. 7, Catholic Charities Women Veterans Services held a graduation for the Career Essentials course for women veterans. The women released red balloons as a symbolic gesture to let go of anything negative in their pasts.

The 12-week, 26-course program teaches students communication skills, resume writing, interview skills, time management, and how to create a budget.

“The women really open up to each other and start to talk,” Wechie said. “It’s empowering; they feel appreciated and important. The course helps them regain their dignity.”

The course concludes with a graduation ceremony where all of

the graduates wear black suits, and get their hair and makeup done. The graduates are presented certificates of completion. Following the most recent ceremony, the ladies released red balloons as a symbolic gesture to let go of anything negative in their pasts and release positive thoughts.

Graduates of the Career Essentials program can attend additional courses that teach leadership, entrepreneurial and supervisor skills to help them succeed at their current jobs and earn promotions.

Show refugees America is a welcoming country



Because of you, thousands of refugees can rely on Catholic Charities every year for the help they need to get settled in our welcoming city and become self-sufficient as quickly as possible.

You enable Catholic Charities to continue to help refugees – mostly women and children – who are

desperate to reclaim their lives.

Christ calls us to welcome strangers and to feed and clothe those in need. Your gift today will change lives and show refugees that America is still a welcoming, loving country.

Visit www.CatholicCharities.org for more information.

Summit Shares Creative Solutions to Alleviate Poverty



Innovate and Collaborate to Alleviate

A sold-out crowd of more than 220 people attended the 3rd Annual kNOw Poverty Summit at the University of St. Thomas on Jan. 26.

Presenters shared encouraging and insightful information to challenge how we think about poverty.

Catholic Charities USA President/CEO Sr. Donna Markham delivered the keynote address on the mission, vision, values and work toward finding creative solutions to help the poor and vulnerable.

A special thank you to CHI St. Luke's Health for serving as our generous underwriter for a third consecutive year, and to the University of St. Thomas for providing the venue.

Together, we can change the future of the next generation.



The 2017 kNOw Poverty Summit speakers shared insightful and inspiring information on how their organizations are working to alleviate poverty in the Houston area. (Back left): Brian Greene, President/CEO, Houston Food Bank; Dr. Robert Sanborn, President/CEO, Children at Risk; Laurence Payne, President at Educational Excellence Resource Group; (Front, left) Cynthia N. Colbert, MSW, President/CEO, Catholic Charities; Anna Babin, President/CEO, United Way of Greater Houston.

Catholic Charities thanks our generous supporters for making the 3rd Annual kNOw Poverty Summit possible:



wine & dine

AN EVENT BENEFITING CATHOLIC CHARITIES
OF THE ARCHDIOCESE OF GALVESTON-HOUSTON

HONORING

SALLI & MICHAEL YOUTT

Saturday, May 6, 2017

609 Main At Texas • 6:30 p.m.

His Eminence Daniel Cardinal DiNardo will help us honor Salli and Michael Youtt for their generous support of Catholic Charities.

Join us at this four-course dinner with wine pairings planned by Master Sommelier **Guy Stout**. A live auction will follow.

With your prayers, presence, and financial assistance, we can make this an evening that combines good food and good deeds to impact the lives of thousands of families within the Galveston-Houston community.

Purchase your tables or tickets at
www.CatholicCharities.org/wineanddine

For more information, contact Naibi Rivera at 713.874.6629 or NRivera@CatholicCharities.org.

A Veteran Saved, With Your Help

“I believe Catholic Charities saved my life.”

With your help, Catholic Charities provides thousands of women veterans like Lucy the care they need to succeed. This is her story.

My name is Lucy*, and I am a mother, a grandmother and a military veteran. By the time I found the Catholic Charities program for women veterans, I was living in my van and had lost hope.

The road that led me to that point in life was long and difficult. I endured a 22-year marriage filled with verbal, emotional and financial abuse. I lived with my mom for many years and helped care for her until family divisions with my sister led me to move out.

I desperately wanted to find a stable place to live so I could spend time with my grandchildren.

Unfortunately, my plans were derailed by unethical landlords, roommates who would not take care of their financial obligations or who were abusive, and my own struggles with suicidal depression stemming from past abuse and my time in the military.

When I was referred to Catholic Charities, I was living in my van part-time



Women veterans attended the Southern Charm Veteran’s Day Brunch honoring women veterans at the Mamie George Community Center.

“I had reached my darkest hour because of the past and continued hurts, and I truly don’t know if I would still be on this earth if it were not for Catholic Charities.”

to escape an abusive home situation. I was weary, scared and hungry.

I went to the Veterans Administration

Hospital when I got sick, and I learned that Catholic Charities has programs designed specifically to help women veterans.

That was so amazing to me! They gave me food and a safe place to live. They encouraged me, listened to me and believed in me. I believe they saved my life, and I can’t say thank you enough.

**Name changed to protect privacy.*



Thank you for helping Catholic Charities serve more than 80,000 people in need!

✓ Yes, I support Catholic Charities!

Enclosed is my donation for Catholic Charities in the amount of:

\$1,000 \$500 \$100 \$50 \$25 Other: \$ _____

Name: _____

Address: _____

Phone: _____ Email: _____

Make your tax-deductible donation payable to: Catholic Charities of the Archdiocese of Galveston-Houston

Return this coupon in the envelope provided to make your gift today.

Join Us for These Upcoming Events



Saturday, May 6, 2017
6:30 p.m.

609 Main at Texas

www.CatholicCharities.org/wineanddine



Tuesday, September 19, 2017
Catholic Charities Annual Meeting

2900 Louisiana Street



Saturday, December 16, 2017
A Cardinal's Christmas

benefiting Catholic Charities' childrens programs

Visit www.CatholicCharities.org/events or contact Naibi Rivera at NRivera@CatholicCharities.org or 713.874.6629 for more information.



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93¢ of every \$1 you donate goes directly to programs and client services.

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