You Helped Jason Overcome Trauma with Counseling

Jason loves to cook. When he earned a chef job at a five-star steakhouse, he was thrilled to use his culinary skills to provide for his family.

Then Jason's world came crashing down. He was robbed at gun point. Although he was not physically injured, the mental trauma soon affected his relationships. He became irritable with co-workers and stopped effectively communicating with his family.

Because of you, Catholic Charities' Counseling and Behavioral Health Clinic provided Jason with the support he needed to process his emotions. His counselor listened and helped him identify reminders of his trauma and practice skills to cope such as counting steps to his car, naming colors and objects around him, journaling and repeating positive affirmations.

Jason was committed to his healing. He attended every session and soon began to see progress. He was able to return to work and manage any stressors related to his job. He also told his counselor his relationship with his family improved, and he began to communicate better with them.

Jason's first experience with counseling was so impactful and during his last session, Jason cried tears of joy. He thanked his counselor for her support and commitment to help him move past his trauma.

Thank you for helping people like Jason cope with trauma and live better lives!

COVID-19 Response

When Crisis Happened, You Were There

We find ourselves suddenly a part of a world-wide crisis. COVID-19 – which only a month or two ago seemed like someone else's problem – is undeniably impacting our community. And those with the least have been impacted the most.

But because of your generosity, Catholic Charities has been able to continue our work serving the most vulnerable members of our community.

In the first few weeks, you helped:

- 51,000 pounds of food were distributed to 6,000 individuals at our regional food pantries in Houston, Fort Bend and Galveston
- 92 seniors receive food, medication and supplies by delivery
- 50 young parents or pregnant women receive diapers and baby items

Although we have altered our operations due to COVID-19 precautions, because of you, we are able to continue to provide services to the most vulnerable families in the Greater Houston community during the coronavirus pandemic.

We are deeply appreciative of all of your generous support of Catholic Charities!
Upholding Our Mission and Ministry

I keep the LORD always before me; with him at my right hand, I shall never be shaken. Ps. 16:8

Dear Friends,

Who could have imagined our city, state and world would face such a situation? Every day, we hear more worrisome news about the COVID-19 pandemic. This time of uncertainty can be very unsettling as we wonder what will happen in our lives at home and at work.

Catholic Charities remains committed to serving our community. We are working diligently together, united in our purpose to uphold our mission and ministry while taking recommended precautions to protect our staff, volunteers and clients.

We are deeply appreciative of all of your generous support. Because of you, we are able to continue to provide services to the most vulnerable families during the coronavirus pandemic.

Our “drive-thru” food distribution served more than 6,000 people in the first few weeks at our food pantries in Houston, Galveston and Fort Bend County. We have delivered food boxes and supplies to those vulnerable people unable to leave their homes, and our case managers and counselors continue to serve families by phone appointment.

Although we are facing these uncertain circumstances, we are committed to our mission to serve as the hands and feet of Christ to people in need. With your help, we will continue to meet whatever needs arise from this crisis.

Remember -- we are people of faith, held in God’s hand with his protection, as we continue to help people in need, thanks to you. My prayers go with each one of you, now and through the days to come.

In the peace of Christ,

Cynthia N. Colbert, MSW
President and CEO

Program Feature

Your Support Provides Counseling to Families in Poverty

Counselors are prepared to serve the community in times of crisis

Access to quality, affordable mental healthcare is a key factor in helping people move out of poverty. Because of you, Catholic Charities’ counselors are able to help families on the road to good mental health.

The relationship between poverty and mental health is only just beginning to be understood. People who live in poverty experience higher rates of mental illness as well as increased severity, length of symptoms, and poorer outcomes.

Access to quality, affordable mental healthcare is a key factor in helping people move out of poverty, achieve stability, and become self-sufficient in the long-term.

Thanks to you, Catholic Charities’ Integrated Counseling and Behavioral Health services provide clinical mental health care to low-income adults, children, and families. Service are provided without regard to religious background, race, gender, or their ability to pay using counselors that are embedded in many of our programs. Counselors also provide services at partner organizations from across our service, including CHRISTUS Foundation’s new St. Mary Clinic.

Our counselors are also prepared to serve the community in times of crisis, thanks to your ongoing support. Our crisis response services have provided group and individual supports to those impacted by Hurricane Harvey and the Santa Fe High School shooting.

We know that the current COVID-19 pandemic will take its toll on the mental and emotional health of many in our communities, and we are prepared to provide support during and after the crisis.

Because of you, Integrated Counseling Services is able to help families, children, veterans, and many more on their road to good mental health, which can be a major factor contributing to poverty, unemployment, and homelessness.
Mission Moment

COVID-19 Response

You Have Already Helped More Than 6,000 People Receive Food and Critical Supplies

The coronavirus pandemic has impacted all of us, but especially the most vulnerable seniors and families in our community. Those with the least have been hit the hardest.

Thanks to you, the families we serve were able to provide nutritious food to their loved ones during this crisis. Your support enabled us to host “drive-thru” food distribution at our food pantries in Houston, Galveston and Fort Bend County.

Your compassion to make sure these vulnerable families were fed has been a blessing. Thank you for your ongoing support to continue helping people in need during this crisis!

Donor Spotlight

Mothers of St. Angela in Missouri City Help Provide Diapers and Baby Items

It takes a village to raise a child, and we are so grateful to our Catholic Charities village to be there for our families in need.

The Moms of St. Angela Merici Catholic Community (Missouri City) hosted a drive to help the young parents and pregnant women we serve. They donated more than $400 of diapers and baby items such as clothing, socks, books, lotions, shampoo, diaper cream and wipes, and more!

With the help of our faithful volunteers, we were able to deliver the baby necessities to families in need. On behalf of our littlest ones, thank you for your support!

☑ Yes, I support Catholic Charities!

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

☐ $25  ☐ $50  ☐ $100  ☐ $500  ☐ $1000  ☐ Surprise Us! $___________

Name: ____________________________________________
Address: __________________________________________
Phone: _______________________  Email: ___________________

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

Thank you for helping Catholic Charities serve almost 100,000 people in need every year!

Return this coupon in the envelope provided to make your gift today.
Save the New Date: Saturday, September 26, 2020!
Join us for Boots and Bubbles at the 2020 Spirit of Charity Gala

Shine your boots and pull out your finest Texas tuxedo to join us for the 2020 Catholic Charities Spirit of Charity Celebration – Deep in the Heart of Texas. You’re invited to join us for a Texas-sized celebration on Saturday, September 26, 2020 at The Revaire.

Help us honor the Strake Foundation for their generous support of Catholic Charities and contributions to the Greater Houston community.

Co-Chaired by Laurel and Jeb Bashaw, this event promises a big bash with deep Texas roots that includes hometown food, wine, friends and live entertainment. Proceeds from this event will provide life-changing programs and services to nearly 100,000 people Catholic Charities serves every year.

For more information, or to purchase a table or tickets, please visit CatholicCharities.org/SOC2020, or contact Naibi Rivera at 713-874-6629 or NRivera@CatholicCharities.org.