



Spring 2020



Jason was traumatized by being a victim of a crime, and his relationships at his job and with his family suffered. But with your support, he received counseling to help him move past his trauma.

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



A volunteer hands out food at one of Catholic Charities' drive-thru food distributions.

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!

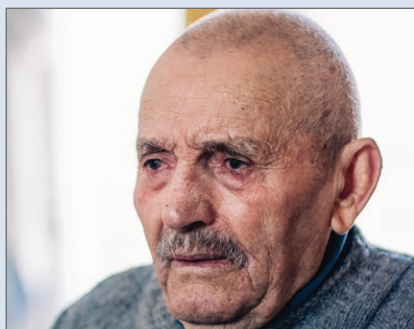
Donor Spotlight

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!



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

✓ **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

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.



FOLLOW US ON:



Catholic Charities of the Archdiocese of Galveston-Houston VEHICLE DONATION PROGRAM



CONTACT:

866.915.GIVE (4483) seven days a week.

TOWING:

We will tow your vehicle at no cost to you.

TAX DEDUCTIBLE:

Get a tax-deductible receipt and help our cause.



100 years from now you can still be giving to Catholic Charities.

Leave a charitable bequest to Catholic Charities and create a personal legacy that endures *forever*.

Our brochure explains everything you need to know to set up an endowment, memorial fund ... and more.



Contact us for your **FREE** brochure:
713.874.6624
bequests@catholiccharities.org



BOARD OF DIRECTORS

His Eminence Daniel Cardinal DiNardo
Archbishop of the Archdiocese of Galveston-Houston

Ellen Ginty, *Chair*
Steve Gilliland, *Vice Chair*
Elizabeth Husseini, *Secretary*
Gretchen Penny, *Treasurer*
Kevin K. Rech, *Immediate Past Chair*

Alex Borlenghi	Kathryn Marietta
David Doherty	William "Bill" Neeson, III
Alicia Freysinger	Gene Reed
John Gillespie	John Rossette
Chuck Gremillion	Mark Serice
David E. Harvey, Jr.	Jim Stevenson
Tommy Hernandez	Suzanne H. Sullivan
Debbie Kemple	Bichan N. Thai
Paul H. Layne	R. Gregory Turner
Patrick Leung, Ph.D.	Karen B. White
Cheryl Malden	
Stan Marek, Jr.	

Cynthia N. Colbert, MSW, *President/CEO*

ADVISORY DIRECTORS

Most Rev. George A. Sheltz
Auxiliary Bishop

Ally Martin, *Chair*

John (Jack) Allender	Dennis M. Malloy
Karina Amelang	Sr. Carol Mayes
Francois Bardi	Michael W. Mengis
James E. Bashaw	Jacob Monty
George H. Brueggeman, Jr.	Jacqueline Moy
Bob Charlet	Roxann Neumann
Cynthia Cisneros	Jerry Nevlud
Mary A. Cronin	Ginger Niemann
Joseph J. Earthman	Geraldo Olivo
Nancy Z. Evetts	Gregory Phillips
Michael Fitzgerald	Marisa Reuter
Lisa Ganucheau	Mimi Ribeiro
Janice Jamail Garvis	Laura M. Robertson
Sean Gorman	Paul Schneidau
Colin F. Hageney	Alice B. Smith
Lindsey Harris, M.D.	John Steffes
Lution B. Hill	Suzanne H. Sullivan
John M. Kafka	Teresa Valderrama
Albert Kasumaj	Jamie L. Vazquez
Andrius Kontrimas	Michael Villegas, CPA

CARITAS CIRCLE

Cathy and Giorgio Borlenghi
Ann and Clarence Cazalot
Joanne and Eugene DeMuro
Alicia and David Freysinger
Ellen and James Ginty
Miikki Hebl and David E. Harvey, Jr.
Mindy and Jeffery D. Hildebrand
Elizabeth and Richard Husseini
Carol and John Kafka
Julie and Michael J. Koch
Ginny and Dennis M. Malloy
Reinette and Stan Marek
Ally and Burt Martin
Marie and David McCoy
Trinidad Mendenhall
Ginger and John Neimann
Pat and Gene E. Reed
Rhonda and Randall Rentzel
Sally and Bill Slick
The Scanlan Foundation
Mrs. Raye G. White