



Paul was homeless and struggling with mental health. Your support gave him hope for a brighter future.

You believed in Paul, and now he believes in himself

Because of you, Paul is no longer homeless

Paul was living on the streets for four years. His mental struggles and criminal history made it difficult to find stable housing, let alone a job. He figured being homeless was just his lot in life.

Then you changed his mind. Because of you, Paul worked with a case manager to get his life back on track. He now has housing, stable mental health, and a job.

When Paul entered the Catholic Charities' Housing Program, he shared his hopelessness with his case manager:

"No one's even willing to give me a third chance," Paul said.

Paul had been let down too many times. He didn't think anything would change in his life.

"I thought I couldn't trust anyone. Then I found Catholic Charities."

Because of you, Paul was able to move into an apartment. Once his housing was stable, he could focus on other parts of his life like his mental health and employment. He entered counseling and even got his forklift certification – all through your support.

Now Paul is working full-time, and he goes home to a two-bedroom apartment. The second bedroom is for his daughter, who visits every other weekend.

Paul put his life back together – all because you gave him the third chance he needed.

INSIDE THIS ISSUE

You help seniors stay
mentally sharp

Your Donations @ Work

You help seniors stay sharp

Because of you, Greg and Miriam work their mental muscles

Greg and Miriam are retired. They enjoy the relaxation, but without the daily tasks at the office, they could feel their cognitive skills slipping. They worried that dementia might be around the corner if they didn't stay on top of it.

Because of you, Greg and Miriam not only get socialization and a hot meal at the Mamie George Community Center, but they also attend a "Strong Memory" class each week that helps them flex their mental muscles.

At first, the math homework and reading assignments were intimidating (and a flashback to high school), but within weeks, Miriam felt quicker mentally.

"The class exceeded my expectations. I'm grateful for this free resource."

Greg and Miriam both struggled with the pre-test at the beginning of the course, but scored 100% on the same test at the end of the course.

Thank you for helping seniors stay engaged and mentally healthy during their golden years.



Seniors like Greg and Miriam challenge themselves through classes



Cynthia Nunes Colbert, MSW
President and CEO

You are the light for our clients

*"We are followers of Christ. Christ goes before us. The world needs his light."
– Pope Leo XIV*

When Pope Leo XIV first addressed Rome and the world back in May, he shared a message of peace. He also, rightly, said that the world needs more of Christ's light.

I agree, and I see you as that light. When you give to Catholic Charities, you follow Christ's example and provide light to someone in a dark situation.

Moms who can't afford diapers, elderly couples who need community, or someone who has been without a home for four years – these are the people to whom you provide light.

Thank you for being Christ's light in Greater Houston.

In the peace of Christ,

Cynthia Nunes Colbert



You helped Eldrys relearn parenting

Because of you, Eldrys is a better mom

By the time her son arrived, Eldrys felt like she was starting over as a mom. In a way, she was – her older son was already 17 years old.

As she pressed ‘reset’ on being a mom, you were there for Eldrys.

Because of your generosity, Eldrys was able to attend parenting classes at the Blessed Beginnings Pregnancy and Parenting Life Center.

“I had forgotten a lot of things, so this has been a nice refresher,” she said, holding her son Xavier – who was born on Mother’s Day this year.

“Through the program, I’ve learned how to be a better mom.”

It has been quite a while since Eldrys was in the world of bottles and diapers, so she appreciated the opportunity to attend classes – especially when she was encountering some early struggles.

“When Xavier was born, he wasn’t sleeping a lot,” she said.

The classes helped Eldrys sleep train her son, something that took a lot of patience but was worth it. She was so proud of the progress she made, and she loves to share her knowledge with other mothers and encourage them to attend classes, too.

Thank you for being there for moms like Eldrys!



Eldrys was happy to learn about parenting in classes.

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DON'T TRADE IT, DONATE IT!

DONATE YOUR CAR AND HELP FAMILIES IN NEED

Your vehicle donation can make a difference.

Your generous gift of a vehicle donation helps Catholic Charities provide life-saving programs and services to help families live a life free of poverty. Make a difference in someone’s life today by donating a vehicle.

Donating your car is free and easy – we’ll pick it up!

We’ll arrange to pick up your vehicle whether it’s running or not, and complete all IRS and title documents for you. **At no cost to you!** Your vehicle donation is tax deductible to the full extent provided by law, and your gift will make a tremendous impact in the lives of the families we serve.



Mission Moment

Jen's kids sleep in a car – you can help

For just \$37, you can give a family shelter

Jen tried to hide the struggle from her kids for as long as she could. But you can't hide an eviction notice, at least not when the police knock on your door and tell you it's time to get out.

With not much more than the clothes on their backs, Jen and her two teenagers left. They've been couch-surfing and sleeping in their car for the last month.

Sadly, situations similar to this are common in greater Houston. Jen had a job that paid well, but car repairs and high summer utility bills drained her bank account. The bills kept coming and she couldn't keep up.

But it doesn't have to be this way. Here's how you can help.

For just \$37, you can provide a week of stable shelter for Jen and her kids. No more sleeping in the car. No more sleeping on couches of friends for a night or two.

You can put a roof over the heads of a family in need.

Jen works hard to provide for her family. She admits her pride got in the way, and she should've asked for help sooner. But she needs your help now.

For \$37, you can give Jen and her kids stability they desperately need to get back to self-sufficiency.



Jen's kids want safe housing. You can help.



YES, I WANT MY NEXT GIFT TO HELP A FAMILY IN NEED

I know there are families who lack housing and need my help. I'm ready to give them the shelter they need to be safe. Please use my gift to help a family experiencing homelessness and support all the work Catholic Charities does to help our struggling neighbors.

Please accept my tax-deductible gift in the amount of:

- \$37 to house family in need for one week
- \$74 to house family in need for two weeks
- \$111 to house family in need for three weeks
- \$_____ to help as many families as possible

Mail this form to Catholic Charities, 2900 Louisiana St., Houston, Texas 77006

Want to put your gift to work immediately? Donate securely online at www.CatholicCharities.org/donate