



Catholic Charities
of the Archdiocese of Galveston-Houston

GOOD NEWS NOW

The newsletter of Catholic Charities of the Archdiocese of Galveston-Houston



Winter 2018



With your support, a full treatment team was there to help Josefina after she was forced into the sex industry. Catholic Charities' counselors were able to help her become stronger and more confident.

You Helped A Teen Rescued from Sex Trafficking Take Back Her Life

After coming to the U.S. on her own at age 15, Josefina was forced into the sex industry by someone she considered a trusted friend. Because she had no family, resources, or support system here, she was especially vulnerable. The evil of sex trafficking may seem hidden in the shadows, but it is tragically pervasive in our city.

Josefina was rescued when the police raided the house in which she was being held hostage. Because of the trauma she had endured, Josefina was severely depressed, began harming herself and wanted to die. Scarred by her experience, she had trouble interacting with others and she was transferred to three different foster homes.

Finally, she was placed in Catholic Charities' St. Michael's Home for Children, and because of you was finally able to get the help she needed.

With your support, a full treatment team was there to help Josefina. Together a case manager, legal services, a child advocate, psychiatric services, and caring staff supported her during her stay at St. Michael's.

With their help, she processed her past traumas and began to openly express her needs and opinions in a healthy way. She learned how trauma affects all aspects of a person's life, and she began to respond more appropriately in social situations and get along better with others.

You and other donors like you have made Josephina stronger and more confident. Most importantly, she now knows that she has worth and she is loved.



Throughout our 75 years, you've made an impact on thousands of lives in the Greater Houston region, just like this single mom and U.S. Navy veteran Yashika Olgesby. Read inspiring stories like hers at www.CatholicCharities.org/75th.



Remembering Yesterday, Honoring Tomorrow

For 75 years, Catholic Charities has provided help and created hope for thousands of people in the Greater Houston region, helping people live with dignity and become self-sufficient. Our organization is filled with gratitude for the thousands of supporters over the years who have made a difference in the lives of the individuals and families we serve right here in the Greater Houston region. Our impact on the community would not be as great without your kindness and generosity.

Join us in celebrating 75 years of changing lives and our gratitude for Catholic Charities' faithful supporters, who embrace our mission to serve as a sign of God's love and compassion in the community.

Visit our website at www.CatholicCharities.org/75th to learn more about our history, meet the people whose lives you've made a difference in, and how you can continue to make an impact on the Greater Houston community!



SPirit of Charity CELEBRATION
BENEFITTING
CATHOLIC CHARITIES
OF THE ARCHDIOCESE OF GALVESTON-HOUSTON

SAVE THE DATE!
MAY 12, 2018
Details on Back

Healing After Harvey: *Together We Can Provide Comfort to Our Hurting Community*



We're six months past Hurricane Harvey, and we're still feeling its impact – physically, but also emotionally.

Some people who barely escaped flooding homes are experiencing post-traumatic stress. Children who watched their belongings float away and their parents crying may still worry something bad will happen to their families.

Many of us not touched by floodwaters have survivor's guilt or perhaps feel a lingering sense of anxiety that the world can shift on its axis with little warning. Watching hours of disaster coverage for days leaves a powerful impression on us all.

At Catholic Charities, we know some people have spent the past few months just meeting their basic needs – perhaps ignoring some challenges to their mental health caused by the storm. As more people try to resume their normal lives, they are beginning to seek help for a child still having nightmares, for an elderly mother panicking each time it thunders, or for a family coping with the loss of a job or a safe place to live.

Our Counseling Services Program is here for families in need across the region, staffed with compassionate professionals who help people overcome the worries and fears that often linger months – or even years – after floodwaters recede and life moves on.

Your support of this critical program means the world to a child like Emily, 6, who couldn't stop worrying about her family's safety. We know God holds us in his hands, but our human nature is to worry. We are so grateful to you for helping us provide the nurturing support many people need to face their new future – post Harvey – with confidence and faith.

With heartfelt gratefulness,

Cynthia N. Colbert

Cynthia N. Colbert, MSW
President and CEO

Program Feature With Your Help, Counselors Can Help Those Impacted Heal After Harvey



Catholic Charities' counselors already received training on trauma care prior to Harvey, but because of your support they were able to attend advanced training to help meet the community's mental health needs.

Because of you, in the months since Harvey, the Catholic Charities' Counseling Services team has received advanced training and made additional presentations to help those facing mental health challenges as they work to rebuild their lives and find their new normal.

While most people who endured last fall's record-setting storm will not develop mental health symptoms, a large portion of people directly impacted will experience post-traumatic stress disorder (PTSD) – perhaps months or even years later.

The counseling staff was already helping those effected by trauma prior to Harvey, but because of your support they received advanced training in December focused on "mind-body medicine."

"Mind-body medicine is based on the understanding that our mind, body and spirit are connected," said Ernesto C. López, Jr., director of Counseling Services. "The approach brings together the emotional, mental, social and spiritual factors that can relieve stress, improve health and heal trauma."

Because of your ongoing support, the Counseling Services team has increased its current services to six Catholic parish schools, including both individual and family counseling. The counselors also provided 35 presentations to 449 students on coping strategies to manage post-Harvey distress and had 47 individual consultations with students or teachers.

"Some clients have waited to come in because they've been focused on meeting basic needs, and others have been afraid because of the immigration law changes and discussions," López said. "When people are ready to tackle their post-disaster mental health challenges, we're here for them."

Share Your Blessings

Your Gifts Provided Joy to Thousands Through Share Your Blessings

For the past 24 years, you have opened your hearts to spread the joy of Christmas to those in need through our annual Share Your Blessings program. This year was especially tough after Hurricane Harvey devastated our community, but once again your generosity provided more than 6,400 individuals and their families with gifts who would otherwise not be able to afford them.

We are so grateful to our supporters and parishes who donated gifts or dedicated their time and volunteered to make sure so many families had gifts for Christmas. Thank you!



Our Blessed Beginnings program hosted a potluck lunch for our prenatal and parenting classes in December for more than 50 women and their babies. Because of your support, we were able to raffle off baby items and all in attendance were able to receive diapers, wipes, blankets and formula if needed.

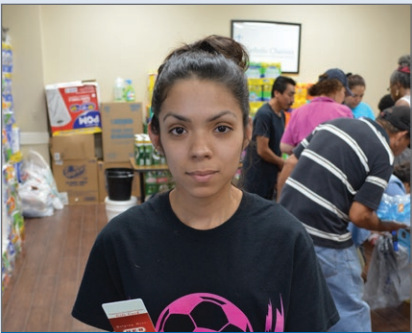


More than 150 seniors at the Mamie George Community Center enjoyed a special Christmas party complete with gifts and goodies to celebrate the season. A special thanks to the St. Laurence Catholic Daughters group for hosting the event and providing food and gift bags, and to St. Faustina for providing more than 200 gifts for our seniors!

You Gave These Children Joy This Christmas



Mr. Abdul, his wife, and three children arrived in the U.S. on Dec. 17 as refugees from Afghanistan, where Mr. Abdul was working for US AID. This work put the family in danger, and they had to leave behind all of their non-essential belongings. Thanks to your support, Catholic Charities helped provide housing and other immediate needs like furniture and food. But for children, toys and dolls DO feel essential! With your help, Catholic Charities made sure these children received new toys and dolls to play with in their new home.



Thank you for helping Catholic Charities serve more than 85,000 people in need every year!

✓ Yes, I support Catholic Charities!

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

☐ \$1,000 ☐ \$500 ☐ \$100 ☐ \$50 ☐ \$25 ☐ 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.

Monthly Giving

Become a Hero

Supporting Catholic Charities as a Hero of Hope monthly donor is easy and provides a predictable funding source for our programs and services.

Your gift will ensure that we are continuing to help those who are suffering in the Greater Houston area by feeding the hungry, providing a safe home for children separated from their families, or serving a hot meal and warm visit to an isolated senior.

Be a hero at www.CatholicCharities.org/heroes.



MISSION OF LOVE

Benefiting Catholic Charities in Fort Bend County

MISSION OF LOVE RESCHEDULED TO SEPTEMBER

The Mission of Love gala originally scheduled for Feb. 1, 2018 has been rescheduled for Sept. 13, 2018. Please join us in honoring Mayor Evalyn W. Moore for her leadership and philanthropy in the City of Richmond. Proceeds from this event benefit programs and services in Fort Bend County.

Visit www.CatholicCharities.org/missionoflove for more details and to purchase your tables and tickets today!

SAVE THE DATE

JOIN US!

Share the Mission Mass & Reception

March 18, 2018 • Strake Jesuit

75th Anniversary Celebration

May 12, 2018 • Marriott Marquis

Honoree: Trini Mendenhall

Honorary Chairs: His Eminence Daniel Cardinal DiNardo and Mrs. Raye G. White

Event Co-Chairs: Cheryl and Guy Malden, and Joe Hafner

Mission of Love

September 13, 2018 • Safari Texas Ranch

Celebrity Chef Event with Fr. Leo Patalinghug

October 18, 2018 • Artisans

A Cardinal's Christmas

December 8, 2018 • River Oaks Country Club

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

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