



After leaving the military, C.J. struggled through an abusive relationship, a miscarriage and becoming homeless. But because of you, she found a safe place to go and a supportive staff to help her overcome her difficult situation.

Because of Your Support, C.J. Turned Her Life Around

You gave a female veteran a safe place to live and the needed support to move forward

C.J. is a bright, polite and well-spoken woman. But her life turned dark when she left the military.

The Army veteran was caught in an abusive relationship, and then tragically suffered a miscarriage. She turned to alcohol to cope with her pain. Without family or support nearby, she soon became homeless.

Desperate to get off the streets, she began calling different agencies to find help.

Because of your ongoing support, Catholic Charities was able to provide C.J. with emergency shelter at the Villa de Guadalupe. Through the Women Veteran Program, she received counseling, connected with other female veterans through peer-to-peer groups and art classes, and enrolled in the Career Essentials Course to help guide her career path.

And, thanks to you, C.J. received the coaching she needed to find a new job. She was recently hired as a customer service representative at an insurance company. Now she will be able to save for an apartment and continue working on her bachelor's degree in forensic science.

"At Catholic Charities they give you a chance to be a survivor and to be successful in life," C.J. said. "It meant the world to me to be able to have this support, and I cherish this every single day. Every time I wake up I'm thankful that I'm able to have a place to stay and a place to lay my head."

Thank you for providing support to veterans like C.J. to get back on their feet!

Myths and Facts:

What Do You Know About Women Veterans?



Sometimes women veterans feel they are hiding in plain sight. Many struggle to return to civilian life and provide for their families. Here are some common myths – and facts – about women veterans in Texas.

MYTH: There are not that many women veterans.

FACT: Texas has the largest woman veteran population in the country with 181,402 women veterans. Women veterans are the fastest growing segment of the veteran community. In 2015, 2.1 million of the nation's nearly 22 million veterans were women.

MYTH: There are a lot of homeless shelters that help women already.

FACT: Women veterans face a greater risk of becoming homeless — 2.4% — as compared to male veterans, and there is an inadequate supply of affordable housing. The VA also states that there has been a surge in the number of women veterans experiencing housing instability. Thanks to you, Catholic Charities provides shelter for female vets and their children to help them get back on their feet.

MYTH: Women veterans already receive benefits.

FACT: While women veterans are entitled to government benefits, many of them don't know they are eligible to receive that assistance. There is a need to educate and inform them of their benefits and services and advocate on their behalf. With your help, Catholic Charities is able to help those women who are in crisis receive the benefits and services they have rightfully earned. Thank you for your ongoing support!

Soldiers for Christ: Answer the Call!

Thanks to your generosity, you are our reinforcements in the war on poverty.



Dear Friends,

*"God is our refuge and strength,
a very present help in trouble"*
Psalm 46:1

Thank you for joining Catholic Charities in answering the call to be loving soldiers for Christ by opening your hearts and hands in service to people in need. Because you are our spiritual comrades, we are able to provide compassionate support to God's children who are often overlooked by the rest of society.

Women veterans sometimes fall into that category. Although they offered their lives in service to our country, women vets can face difficult challenges when returning to civilian life, even confronting circumstances that lead to homelessness.

Thanks to your generous friendship, Catholic Charities provides meaningful assistance to women military veterans and their children through our Women Veterans Program. We give them emergency shelter or stable housing, assistance in establishing careers and other practical support in a warm, welcoming environment.

Please accept my heartfelt gratitude for your faithful enlistment in mission.

In the peace of Christ,

Cynthia N. Colbert

Cynthia N. Colbert, MSW
President and CEO

Please join us at the Moran Center for our "I Had No Idea" Tour!

"I had no idea" is a commonly heard phrase AFTER taking a tour. Please join us on Thursday, September 19, 2019 for a life-changing experience as you meet the staff of Catholic Charities' Blessed Beginnings, Senior Services and Counseling Programs and see your gifts in action!

Complimentary refreshments and light bites will be served.

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

Program Feature

Your Support Provides A Safe Place for Women Veterans in Crisis



Catholic Charities' Women Veterans Program helps prevent women veterans and their children from becoming homeless. Thanks to you, our program provides a short-term shelter and support services to help female vets get back on their feet.



You help provide a safe place for women veterans and their children to stay while they work toward rebuilding their lives.

With your help, Catholic Charities' Women Veterans Program empowers women who served our country and need help overcoming life's challenges. Ours is one of the only programs in Texas that offers services especially for female veterans.

Your support helps provide shelter and housing assistance to prevent women vets and their children from being homeless. Located at the Guadalupe Family Assistance Center, the Villa Guadalupe provides a safe place for female vets and their children to stay while they get back on their feet. The hotel-ready rooms include bedding, linens, toiletries and decorations to make the space feel more like home.

The families can receive food at the Lowenstein Pan de Vida Food Pantry located in the center and use the kitchen to store and cook their own meals. Additionally, there is a playground, learning center with books and art supplies, and a technology center for school work or applying for jobs all available for the families to use during their stay.

Because of you, the Women Veterans Program also helps female vets get back on their feet through counseling and support groups, employment coaching and financial assistance. Caring program staff – many who are veterans themselves – connect the women to additional resources and benefits to help them on their path to providing better lives for themselves and their children.

Mission Moments

You Helped Us Collect Nearly 50,000 Diapers For Struggling Parents



Incarinate Word Academy student Amelia Horner celebrated her 15th birthday by collecting more than 1,000 diapers and baby supplies from friends and family to donate to Catholic Charities! She even knitted little dolls to give to the children we serve.



The team at UBS Financial hosted a diaper drive and collected more than 7,600 diapers for parents in need!



UTMB Health Pediatrics and Holy Family Catholic Parish's Ladies Auxiliary group hosted their own diaper drives to help struggling parents. Together they donated more than 2,100 diapers to help families in the Galveston and Bay Area.

Many struggling parents have to choose between feeding their children and affording diapers. But thanks to people like you, Catholic Charities was able to provide a little relief for these struggling families.

More than 49,300 diapers were donated to our Blessed Beginnings Life Center during the Month of Mary Drive for Diapers in partnership with Houston Catholic Radio KSHJ 1430AM. That's enough diapers for at least one month for more than 600 children!

Because of your support, parents in need will receive sufficient supplies to keep their babies or toddlers clean, dry, and healthy.

Thank you for honoring Mary, the mother of our church, by helping other mothers desperately in need of diapers and baby supplies. Special thanks to Catholic Radio for Houston KSHJ 1430AM for helping us connect with the Catholic community and for their ongoing support.

You can still help other families who struggle to afford diapers. Visit us online to make your gift at <https://CatholicCharities.org/diaperdrive>.

Flipping Out at Mamie George's Pancake Festival

Thank you for attending the Annual Pancake Festival in June at the Mamie George Community Center! More than 300 people packed the center for a morning of family-friendly activities, entertainment, and of course, pancakes to help raise funds for Catholic Charities' programs and services in Fort Bend County. Thank you to all of the volunteers and attendees for your support of Catholic Charities and helping families and seniors in need in Fort Bend!

Please visit our Facebook page at facebook.com/CatholicCharitiesGalvestonHouston for more photos.



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:

☐ \$25 ☐ \$50 ☐ \$100 ☐ \$500 ☐ \$1000 ☐ Surprise Us! \$ _____

Name: _____

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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.

One Down, Three to Go! Help Women Veterans Cook For Their Families

With your help, Catholic Charities can make sure women veterans staying at our shelter are able to prepare healthy, nutritious meals for themselves and their children.



Because of you, women veterans and their children have a safe place to stay at Catholic Charities' Villa Guadalupe shelter. These kitchenettes allow them to cook nutritious food for themselves and their children.

Because of your faithful support, Catholic Charities is one of the few organizations that provides services specifically to women veterans. The Villa Guadalupe – located at Guadalupe Family Assistance Center – provides a safe place for female vets and their children to stay. Located inside the center are individual kitchen areas for the women to store and cook healthy, nutritious food for themselves and their children.

And thanks to a generous donation from the **Smart Financial Foundation**, Catholic Charities will be able to upgrade one of the kitchen areas with new, energy-efficient and modern equipment.

But there are still three of these kitchen areas in urgent need of repair. Will you help?

Many of these women were homeless, living in their cars or on the streets with their children, or escaping dangerous domestic violence situations. The support you provide to Catholic Charities allows us to give these families a little normalcy with a safe place to sleep and a place to cook their own food.

With your help, hopefully we can meet our goal of providing the facilities that make the lives of women veterans and their children a little easier while they get back on their feet.

Thank you for supporting women veterans and their families!

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