



The Crisis House Connector

January 2022 Newsletter

Happy New Year, Friends!



2022 and lots to do!

With 2022 now upon us, we are excited to begin this new year with fresh enthusiasm and eager determination to make this year count!

We are excited to expand our programming and save more lives this year with our Journey Programs for survivors of domestic violence, our Camp HOPE programming for our community's children, and our services for those struggling with homelessness.

It is only with *your* help, that we can make this dream a wonderful reality!

Thank you for your continued partnership and support. We are looking forward to a year of transformation, healing, and lots of hope.

We wish you a very special and meaningful 2022!

[A Mother's Thank You Note to Crisis House](#)

"Holidays have always been difficult for me, having a small child. I so badly wanted to start magical traditions to end the long line of stress and childhood trauma that has always wrapped the string of holidays in a tight bow. While involved with my abuser, I was pulled away and out of all of my relationships.

When we left, his family turned their backs on us and defended him. His abuse and behavior was a known issue, but they felt I should be more 'understanding' and 'patient' with him.

Between an unexpected move, living paycheck to paycheck, and scraping by, the dream and joy of indulging in the most basic of holiday traditions seemed to fall further and further away.

At first, I was hesitant to put my name in [to have my family adopted in the [Adopt-A-Family](#) program]; Mr. Anderson explained that it is a blessing for other people to want to help and it should be accepted with open arms. Out of pride, I neglected to submit my paperwork by the deadline. Mr. Anderson informed me that he, in fact, submitted an application for us prior to the deadline on behalf of my daughter and I.

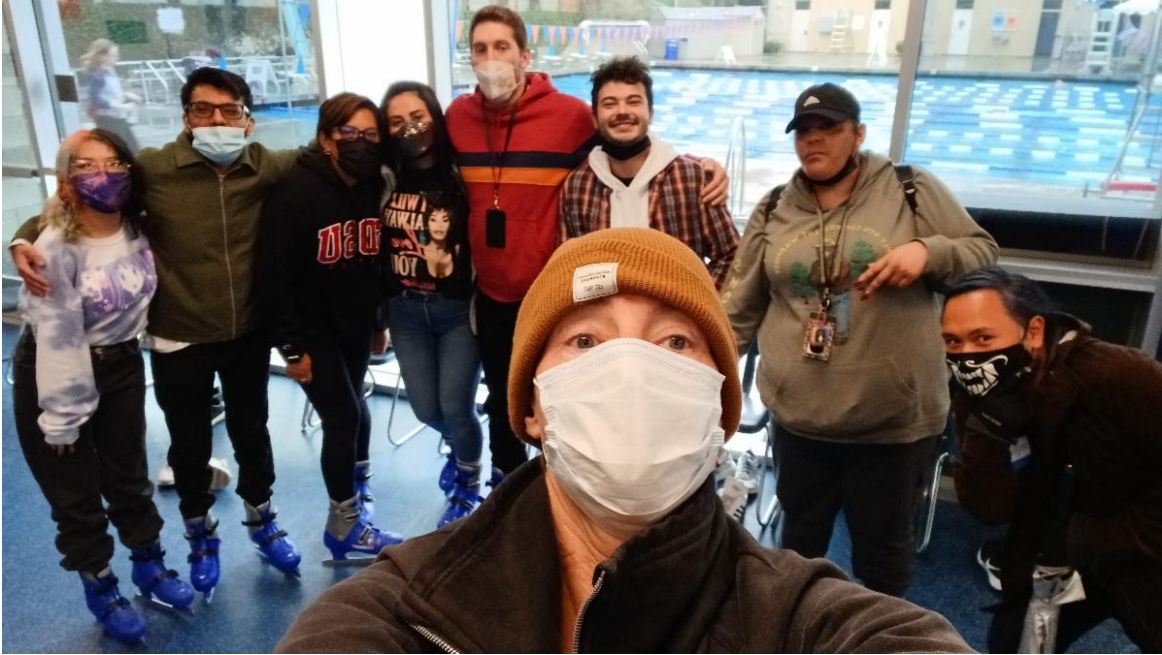
The family who 'adopted' my daughter and I went above and beyond expectations. We were given warm blankets, gift cards to shop for groceries, and I was able to get my daughter a few gifts with the gift cards from 'Santa'.

Hearing her laugh and be so shocked that Santa ACTUALLY CAME to her house still floods me with emotion. My daughter deserves bundles of magic in her life, I hope this family (and this foundation) know that not only did you make Christmas a memorable moment for my daughter and I, but you also started a healing process that I did not know I was in need of.

A 'thank you' cannot and will not be enough, but know that when I tuck her into bed, and we have read her new favorite book, or when she is playing with her doll, or when I am wrapping her up warm with a blanket she loves that was gifted to us by Angels, I am thinking and thanking you all every step of the way."

-Journey Program Participant

Camp HOPE goes Ice Skating



But first, let's go Ice Skating!

This month, Camp HOPE kicked off its very first pathways event for 2022 with our Camp HOPE youth! This ice skating event, offered to youth ages 12 to 17 years old, helped support the concept of “challenge by choice,” which challenges the children participants without pushing them too far outside of their comfort zones. As most people are avoidant of ice and struggle with learning to skate out on the ice, this experience taught perseverance and confidence-building. We had 13 young people join us for a full day of skating, pizza, and meaningful conversation. In other words, we had a blast! Thanks to our amazing team of staff and volunteers that made this event possible.

“I really appreciated the support of camp hope with helping me overcome my fear of the ice. I have never gone before and they encouraged me and pushed me to keep going”.

- Camp HOPE Participant

Our next Camp Hope event will be focused on 7 to 11-year-olds and is scheduled for Jan 29th. Save the date! This fun, family-friendly event will be a beach/bonfire event at Fiesta Island!

If you would like to support our Camp HOPE programming and bring smiles and hope to children and youth in San Diego, please check out these [opportunities](#) to volunteer and donate!



Journey Program's Housing Workshops



[Learn all about housing with Crisis House!](#)

This year, Crisis House has launched an innovative and incredibly useful series of Housing Workshops for our Journey Domestic Violence Programs.

Our first workshop will take place tomorrow, Saturday, January 22nd from 10 am to 11:30 am in our Crisis House conference room.

All of our Journey Program clients are invited to attend on a monthly basis! We will be covering different topics every month, including but not limited to:

- Rental applications 101 (with sample rental applications!)
- What to do about gaps in rental history
- Budgeting and Affordability 101
- Importance of Credit Scores

We are excited to offer this wonderful tool to our clients and increase housing knowledge and know-how to help individuals continue to change their lives for the better!

[Learn more about our Journey Domestic Violence Programs!](#)



Promise Health Plan

We are grateful to **Blue Shield of California Promise Health Plan** for their continued support and generosity toward Crisis House.

Blue Shield of California Promise Health Plan generously donated \$6,000 towards sponsoring Crisis House's **Diversity, Equity, and Inclusion (DEI) training** for Crisis House board members, staff, and an in-house DEI trainer. We covered topics areas such as racial blind spots, converting dishonoring to honoring labels, and learning to actively challenge racism within our personal circles. This training was provided to over 20 board members and staff.

In addition, thanks to the incredible support of Blue Shield of California Promise Health Plan and many generous community donors we served **84 families with 238 children** in our **Adopt-A-Family programming** with gifted food cards and two gift cards per child for gifts and shoes. Blue Shield of California Promise Health Plan donated \$1,000 toward this effort.

Blue Shield of California Promise Health Plan has made a significant difference for our agency and our clients in supporting our mission of serving those who need it most within our community.

Thank you Blue Shield of California Promise Health Plan for your continued partnership.



Remember to Follow us on Social Media!

Follow us!

Here's a reminder to **follow** and "**like**" us on social media! We are on Facebook, Instagram, LinkedIn, and Twitter. Click on the icons below to join in on the action online! We'd love to share our stories with you.

Please **share** our posts with your community, as well!



Crisis House remains committed to serving those experiencing homelessness and domestic violence abuse at:
9550 Cuyamaca Street Suite 101
Santee, CA 92071

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