



# *Crisis House Connector*

## August 2020 Newsletter

### Camp HOPE is a Success!



This month, Crisis House kids experienced life-transformation and healing at [Camp HOPE 2020!](#)

Although COVID-19 has made camps challenging to operate across the country, our Camp HOPE team was able to host camp in a new, small group setting for San Diego kids that can be a model for camps across the country.

Camp HOPE America – San Diego (CHA-SD) partnered with YMCA of LA at Camp Round Meadow and Camp Whittle in Big Bear Lake to provide 4 groups of 7 teens (ages 14-17) an innovative camping experience over the course of two weeks. For our third week of camp, we invited our Classic kids, ages 7-13, to participate in four days of hope-building activities.

If you would like to [sponsor-a-child](#) or get involved as a HOPE counselor, HOPE mentor, or nurse with Camp HOPE, please click [HERE](#) or contact Yolanda Ruiz at (619) 214-1161 or [yolanda@crisishouse.org](mailto:yolanda@crisishouse.org).



## Family Fun Month at Crisis House

Each year, Family Fun Month is celebrated throughout the month of August. This is the opportune time to *safely* enjoy your family with extra fun and activities.

Make some time this month for family fun from the safety of your own home!

You may want to :

- Have an at-home art day filled with painting and music
- Order pizza and watch a movie in the backyard
- Enjoy a backyard campfire
- Build a backyard fort
- Family bike ride
- Perform a talent show
- Cook meals together
- At-home Karaoke night

Use your imagination, spend time together and have fun! Don't forget to post on social media using [#CrisisHouseFamilyFunMonth](#) to encourage others to join in.



## Thank You for your Continued Donations!

Crisis House is both humbled by and grateful for the continued generosity from our community. Thanks to our supporters, we continue to receive weekly donations despite the Covid-19 pandemic!

This month we are happy to highlight the weekly donations of boxes of food from **Shadow Mountain Community Church** for our families experiencing domestic violence.

*Thank you, Shadow Mountain Community Church for your weekly support!*

If you would like to make a donation please click [HERE!](#)



## Leap To Confidence is now Virtual!



**Build your self-esteem and confidence to create the life you want**

Experience a powerful 5-week online program that will give you the tools, skills, and practice to:

- replace negative self-talk and limiting beliefs
- better manage stress and anxiety during challenging times
- improve your communication skills
- and much more

So that you can increase self-confidence and take your next steps to success.

### Course Details

**Online Class Dates**  
Sept. 1 - Sept. 29, 2020

**Days/Times**  
Tuesdays 2:00 - 3:30 pm  
Fridays 2:00 - 3:00 pm\*

**Online Registration**  
Women must be registered by case mgr./staff by Aug 20, 2020

\* optional group coaching

### What You Will Experience

- A safe and supportive environment for women
- A bonding experience and feeling of sisterhood and support
- Interactive sessions and group coaching



**REGISTRATION INFO**  
Kelley Grimes  
760-889-4575  
kelley@leaptosuccess.org

**Leap to Success**  
www.leaptosuccess.org

We empower women who are overcoming domestic violence, homelessness, and other major challenges.

Mothers experiencing homelessness and domestic violence need our help now more than ever!

Fortunately, as of recently, more mothers have been able to attend our virtual **Leap to Confidence** programs dedicated to empowering women in transition!

The program is available at no-cost to eligible women, and is designed for women overcoming major life challenges. This safe, supportive environment helps them rebuild confidence and be successful in the next stage of their lives.

To learn more about *Leap to Confidence*, please click [here!](#)

*Crisis House remains committed to serving those experiencing homelessness and domestic violence abuse. We are open **Monday through Friday from 10:00 am - 4:00 pm** for client services.*

[Donate Now](#)

STAY CONNECTED

