



Community SOLUTIONS

See how your generosity is making a difference here in our community!

You showed Zoe she was never truly alone

Thanks to you, a young survivor found people who believed her and believed *in* her

Reeling from sexual assault and feeling rejected by her own mother, 18-year-old Zoe felt completely alone. Instead of giving comfort, her mother refused to believe that her own partner could be responsible for an act so devastating.

That disbelief cut deeply. Deserted by her family, Zoe carried the weight of guilt, anger and abandonment all alone. She withdrew socially, and her grades plummeted. She often wondered, "Why even try to do well if it isn't going to make a difference?"

Thanks to your support, Zoe finally received the care and support she needed and deserved. Through our Sexual Assault Services program, she learned that she was not alone, and that caring people do exist, even if they are not blood related.

When we first met Zoe, she

was shy, guarded and visibly struggling—disheveled, pale and barely able to care for herself. But she found strength in the steady presence of her advocate. Through peer counseling and therapy, Zoe finally felt heard, believed and safe. And she no longer felt alone.

Zoe's transformation is remarkable. She now showers regularly, wears make-up, and walks with confidence. Her grades have improved dramatically, and she is preparing for college to become a teacher.

She has also discovered



Zoe's journey from isolation to empowerment was made possible because people like you believe survivors deserve safety, dignity and hope. Thank you for caring for Zoe!

her own voice—learning to stand up for herself and being okay with saying "no."

Zoe's story is a powerful reminder that healing begins when someone cares enough to listen and believe.

"Zoe is extremely optimistic today and will do great things."

Julia, Sexual Assault Advocate

FROM THE CEO



*Rachel Montoya
President & CEO*

Your generosity creates connection and healing

With so much division and disconnection in the world, your generosity is creating something profoundly different: spaces where people can heal through meaningful connection.

Because of you, those living with trauma, loss and isolation are finding connection, healing and hope in community.

Zoe, Sonny, and James are just a few of the many whose lives have been strengthened by the healing power of connection you make possible.

Thank you for giving the gifts of community, connection, healing and hope.

Names and images in our publications are changed to protect the confidentiality of the people you have helped.

Healing through community

Thank you for helping Sonny rediscover connection, purpose and hope


During the pandemic, Sonny, 79, lost his wife and children to cancer. After being diagnosed with heart disease and cancer himself, he fell into severe depression. For years, he carried his grief and illness all alone.

When he moved into a new apartment and discovered Community Solutions' on-site program, things began to change. Thanks to you, Sonny found support, community and a new purpose in life.

Sonny has always been naturally shy, and he struggled with limited English proficiency. Though quiet at first, he gradually got to know and trust his case manager and eventually began attending workshops and other activities. He showed up consistently, each time engaging a little more and slowly opening up about his life. As the months passed, he overcame much of his shyness and rebuilt his confidence.

Sonny says he found a sense of family within the program. Through the support, kindness and encouragement he received, he realized that there are still people with big hearts who are willing to help during hard times.

Today, Sonny not only focuses on his own healing but also encourages and inspires others. With deep gratitude, he credits the program with helping him rediscover hope, connection and purpose.



Sonny enjoyed connecting with his neighbors at cooking classes. He shared about his life while learning new recipes, and he made friends along the way.

From fighter to social butterfly

Thanks to you, James found healing through social connection

Newly free, James saw temptations for stealing and substance use all around him; returning to jail felt inevitable. He felt isolated from others and was always ready to fight. "Before finding Community Solutions, I was always fighting for survival," he says, "my life was hell."

James started selling drugs at a young age and was jumped into a gang at age 13. Now age 30 and finally getting out of jail, he wasn't very interested in the idea of a drug recovery program – but the judge was.

Thanks to you and your support, James discovered a program where he finally felt seen and understood. Through therapy, group sessions and program events, he began to form meaningful relationships.

He met others with similar experiences and came to rely on their wisdom and guidance. "When I feel like I'm slipping back into my



Thanks to you, James no longer feels he has to fight to survive. He learned the value of connecting with others through therapy, group sessions and program activities.

old ways, it usually helps me remember," he says.

James still struggled with the temptation to drink as opportunities would arise around him. But he learned to remove himself from

He focuses on the positive and is determined to better his life.

James says he now chooses communication over violence. "Everything is a learning process," he says.

"Just because I'm a product of my environment doesn't mean I have to do what the environment is."

James, age 30

these situations and people, choosing self-care practices instead, such as swimming, listening to music, or going for a walk.

Today, James stays active in the program and his church.

"I learned to look at the facts before jumping to conclusions."

James's transformation is an inspiring example of the power of social connection you made possible.

Your help needed for local families in crisis

As you read this, families and individuals in our community are desperately seeking safety from domestic violence, healing from severe mental illness and trauma, and support for daily survival, including groceries, gas and rent.

At the same time, many who are hurting in our community are afraid to seek support due to the very real threat of deportation and the fear of families being torn apart.

Which is why your support is more important than ever right now.

A donation of just \$43.54 today can provide one day of safety and care for a family or individual who is hurting.

Your gift will provide emergency shelter from domestic violence, life-saving mental health care, groceries, rent support, and more—the supports a struggling family or individual needs to survive today.

That's an incredible gift you can give to a



Your gift will provide a local family or individual in crisis with safe shelter from violence, mental health care, groceries, rent support, and more.

person or family who is hurting right now!

Please help by sending 1, 2 or even 3 days of safety and care for a local family or individual who is in crisis today.

Your gift of just \$43.54 can provide one full day of safety and care for a local family in crisis!

My special donation to help a local family in crisis!

Yes, Rachel! I want to help a local family in crisis and support all the good work of Community Solutions. Enclosed is my gift of:

- \$43.54** to provide 1 day of safety and care for a local family in crisis
- \$87.08** to provide 2 days of safety and care for a local family in crisis
- \$130.62** to provide 3 days of safety and care for a local family in crisis
- \$_____ to provide as many days of safety and care as possible for a family in crisis

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Give quickly, easily and securely online anytime at www.CommunitySolutions.org