



Family Houston

FOCUS ON FAMILIES
JUNE 2020

COVID-19 IS AFFECTING EVERYONE. FAMILY HOUSTON IS HERE FOR ALL OF YOU!

“Thank you so much for helping me and my family stay in our home.”

BASIC NEEDS

Samuel is a combat veteran who served in the Iraq war. His family began facing financial struggles toward the end of 2019 when his wife became seriously ill and could no longer work. In March, Samuel was laid off as a result of COVID-19 shutdowns. The family’s fragile financial situation became dire. They would not be able to afford their next mortgage payment, and Samuel reached out to Family Houston for help. Family Houston provided Samuel’s family with financial assistance to help with their mortgage payment. We linked him with other beneficial resources to help him through this difficult time.



MENTAL HEALTH

When Lionel came to Family Houston, he was very depressed and had suicidal thoughts. He lacked self-confidence and was not ready to open up to anyone. He started seeing a Family Houston counselor, and in the beginning, he had a lot of negative thoughts and felt worthless. Through many counseling sessions, Lionel changed his way of thinking. He and his counselor worked on helping him open up and process his feelings. Lionel’s counselor challenged him to look at the world in a different light.

Lionel expressed his gratitude for Family Houston and his counselor. He explained how caring and empathetic his counselor was, and how she truly changed him: “Family Houston and my counselor saved my life. I have never been to a place quite like this. You get the help you need, while also getting stronger in the process.”



Today, Lionel continues to work on himself, but is much happier doing it: “I am just so glad to be alive.”

FINANCIAL STABILITY

“Family Houston has helped me to feel SO MUCH more confident about my finances. My financial coach and I created a comprehensive spreadsheet I use on a weekly basis to know where all of my money is going. Because of this increased awareness and organization, I have been able to significantly reduce my debt and am on my way to becoming debt free in the next few months (this has been a goal of mine for years)! By the end of 2020, they will have also helped me establish an emergency fund. Furthermore, my credit score has gone up significantly. I did all of this without really changing my lifestyle much. The biggest difference has been the organization and meetings with my financial coach to check-in and create next steps. I am so grateful for Family Houston and all of their help!”



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MESSAGE FROM THE CEO

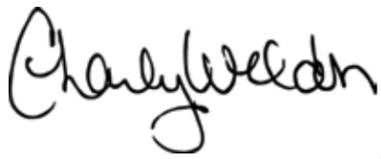
Our city is again amid a crisis, a global pandemic. Family Houston is steady as ever, here to support our community and all who are struggling as we navigate the ever-changing environment in dealing with COVID-19. When Houston families find themselves scrambling to figure out how to deal with the stress of homeschooling their children, working from home, and the anxiety of the virus, we are here. When people are facing reduced hours or unemployment, and are struggling to pay their bills, we are here. When our fellow Houstonians need help preparing résumés and looking for employment, we are here.

Family Houston was founded to be the solution. After the devastating Galveston hurricane of 1900 and a serious smallpox epidemic, 12 prominent citizens founded Family Houston to serve as a flexible social service agency. Then and now, we are ready to quickly offer help to those in need. We continuously evaluate our programs and services to achieve our mission to create a stronger community for tomorrow by helping individuals and families meet the challenges they face today. Family Houston remains, as our founders intended, adaptable to Houston's ever-changing needs without straying from our core.

For the past months, Family Houston has been focused on our COVID-19 response. By the end of March we transitioned our service-delivery model from our traditional face to face sessions, to one that is distanced, keeping both clients and staff safe. Our services addressing basic needs, mental health, and financial stability are now all offered through phone and video. Additionally, Family Houston quickly prepared resource tips, in both English and Spanish, and created a bi-weekly client newsletter providing updated information about resources and ways to stay connected during these trying times. Family Houston is hosting several Facebook Live events, as well as partnering with community partners for Zoom group sessions on subjects such as managing stress and anxiety, building a résumé, and saving for an emergency. I encourage you to stay connected with us by following us on Facebook, Instagram, Twitter, and LinkedIn.

It is our honor to partner with our staff, board, community, and you, our loyal supporters, as we all come together to make a difference. With you, Family Houston is building strong families for a healthy Houston.

We are here for you,



Charly Weldon
President & CEO

YOU MAKE A DIFFERENCE!

Here at Family Houston, our employees work hard every day to improve the lives of those in our community. During this exceptionally difficult time, our team has stepped up to continue providing critical services to the greater Houston area while they cope with the affects of COVID-19, as well.

In the last quarter the following employees celebrated anniversaries. Congratulations to each of you! We look forward to all of your future accomplishments.

Mental Health

Kathryn Foster, 3 years | Nazia Islam, 3 years | Anna Lachner, 5 years
Adrian Lira, 4 years | Jorge Mendoza, 5 years | Judy Vo, 1 year | Sheila White, 16 years

Financial Strength

Chris Ardoin, 1 year | Arminda Lazaro, 3 years | Victoria Valdez, 2 years

Administration

Tracey Burnett-Greenup, 1 year | Juan Casteneda, 6 years
Shelly Long, 2 years | Karen Mayfield, 23 years | Julie Rosales, 3 years
Heazel Valleau, 3 years | Hannah Weier, 1 year | Charly Weldon, 4 years

Anniversaries are listed from January 1 - March 31, 2020





PARTNER HIGHLIGHT

During the month of May, Family Houston has partnered with BakerRipley to help educate the public about a variety of financial topics through a series called Financial Fridays on Zoom. Our partnership continues with a post-Harvey assistance program sponsored by the City of Houston where BakerRipley offers disaster case management services while Family Houston offers financial coaching. Focusing on the most vulnerable, these resources are offered to individuals still recovering from the storm, prioritizing populations such as the disabled, seniors, underemployed and those who are extremely low income.

WE NEED YOUR HELP!



Help protect Family Houston staff and clients by making or donating masks! As we offer in-person services with our Case Management, Counseling, and Financial Coaching programs, masks can help ensure the protection of our clients and staff.

WHAT YOU CAN DO

Help make durable and reusable CDC-approved PPE masks. We ask that all masks follow the CDC-approved template. A tutorial and template can be found on our website at www.familyhouston.org/volunteer. Please mail masks to Family Houston, Attention: Hannah Weier at 4625 Lillian Street Houston, TX 77007. For questions or more information please email volunteer@familyhouston.org.

JOIN US AS WE GO LIVE



Facebook Live

Stay connected with us from a distance! Family Houston will be live on Facebook every Thursday evening at 7:00 pm to discuss how we can help you and the community. Some of the topics we have covered so far include job searching during COVID-19, strategies to improve your mental health, and techniques to manage your money smarter.

Are you a young professional? The Young Professionals of Family Houston went live in May! If you missed them check out their videos on the Young Professionals of Family Houston's Facebook page.

Financial Coaching for Young Professionals | Mental Health Matters
Family Houston Behind the Scenes | Let's Get Social

Bank of America[®]



Bank of America recently provided Family Houston with a generous grant that will help us continue providing essential Case Management services to the Houston community.

"Our partnership with Family Houston helps ensure that those most impacted receive the support they need to find or regain stability, particularly as they may be facing illness or unemployment." - Hong Ogle, Bank of America Houston Market President

THANK YOU

During the month of May, we have celebrated some of our supporters: true pillars of strength. These donors were sponsors of our *Pillars of Strength* luncheon. We could not hold our luncheon this year, but meanwhile they have become part of something even bigger – Family Houston’s COVID-19 response.



PI_LARS OF
STRENGTH

You have helped
us serve over 1,500
households during
COVID-19

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Debbie and Stephen Costello

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Kevin McMahon
Julie Shochat

PILLARS OF STRENGTH



**BECOME A PILLAR. DONATE NOW.
TEXT PILLARS2020 TO 41-444.**



Provides a family with health and basic needs assistance



Allows a veteran and their family to keep their utilities on



Covers 2 counseling sessions for a school-aged child

SAVE THE DATE!

**FAMILY HOUSTON'S 2021 *PILLARS OF STRENGTH*
LUNCHEON WILL BE HELD ON MAY 5, 2021**

SUPPORTERS

We could not serve this community without your support.
Thank you to all who donated during the last quarter!

Donations from January 1 - March 31, 2020

Alfredo Alberto
Amberly Bossert
Jill and Bill Carter
Debbie and Stephen Costello
Ramsay Elder
Joan Baird and Frederic L. Glover
Deborah and Clyde Grabein
Gene Graham
Liz and T.J. Green
Dion Hobbs
Adrea and Sergio V. Leal
Edna Lopez
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Heazel Valleau
Mr. and Mrs. David M. Underwood, Jr.
Curtis Waldo
Young Professionals of Family Houston

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Siegfried
The Women's Home



MAKE YOUR DONATION GO FURTHER!

Did you know some corporations match their employee's gifts or provide grants for volunteer efforts? Find out if your company offers these benefits by reaching out to your HR department or emailing us at donate@familyhouston.org.

VISIONARY CIRCLE

Have you considered becoming part of Family Houston's Visionary Circle?

We have all been affected by this global pandemic, but it has also presented an opportunity for us to support our community together.

Our Visionary Circle members are those who have made a gift of \$5,000 or more. These committed donors are helping Houstonians who are facing challenges with basic needs, financial insecurity, and mental health. Some for the first time in their lives.

Corporate and individual opportunities are available.



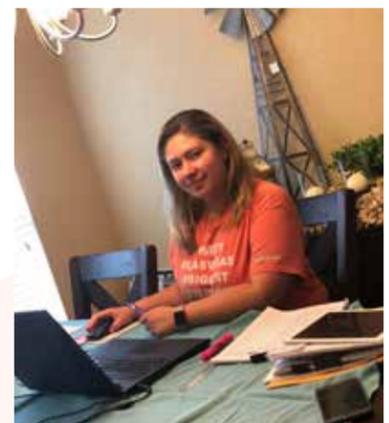
For more information on how to join the Visionary Circle contact us at donate@familyhouston.org.

FAMILY HOUSTON GOES REMOTE

“I believe the employees of Family Houston are our most important and greatest asset. They are incredibly dedicated to supporting our community in times of crisis and I am extremely proud of how hard they have worked to quickly transition to a virtual telehealth service model for our clients. It is truly MY honor and privilege to work alongside each of them!”

- Charly Weldon President & CEO

Here is a behind the scenes look of how our staff is adapting to this new normal!



MEET DANIEL

Prior to COVID-19, while working as an hourly wage employee, Daniel began meeting with a Family Houston financial coach. Daniel and his coach Monee set goals that included creating and utilizing a budget, repairing his credit, and begin saving.

When the Coronavirus pandemic hit, Daniel lost his job. But because of his hard work with Family Houston, he had been able to consistently put money into a savings account. He was able to cover his basic needs during that time thanks to his savings.

He has since been rehired in a new position and is continuing to meet his goals by being consistent with the action steps he and Monee have set up!



If you would like to make an appointment with a case manager, counselor, or financial coach, contact us at 713-861-4849 or visit www.familyhouston.org for more information.

OUR MISSION

To create a stronger community for tomorrow by helping individuals and families meet the challenges they face today.

OUR VISION

To be Houston's premier resource that uses a holistic approach to help people empower themselves, stabilize their lives, and sustain lasting improvement.



**Family
Houston**

Helping others help themselves.

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WE'RE HERE FOR YOU, HOUSTON.

BECOME A PILLAR.
DONATE NOW.
TEXT **PILLARS2020**
TO 41-444 TODAY.

www.FamilyHouston.org

PILLARS OF
STRENGTH



**Family
Houston**