



COMMUNITY THROUGH HOPE

.ORG

A CHARITABLE WAY TO SERVE

Together We Are A Community Through Hope

1500 + UNSHELTERED CLIENTS PROVIDED EMERGENCY HEALTH SERVICES

100 + UNSHELTERED PETS PROVIDED EMERGENCY SERVICE

11,000 (ANNUALLY) + MEALS PROVIDED TO THE UNSHELTERED

1200 + SHOWERS PROVIDED THROUGH PROJECT REFRESH

FEBRUARY 2023 NEWSLETTER



Dear community members, friends and partners,

This month we commemorate the importance of awareness, history, inclusivity, purpose and the impact of leadership by acknowledging Black History Month. As always, our organization is focused on encouraging participation and equity at all levels and recognizes the significance that those who are underserved have seats at the table so their voices can be expressed and heard. Community Through Hope as a pro- Black space for our staff and clients to thrive. We honor the work of the civil rights giants that came before us and inspire the work we do and also celebrate members of our team who are real champions fighting daily for the unsheltered community.

Yours in Service,
Rosy Vasquez
CEO/President

NEW BOARD CHAIR



One of Community Through Hope's dedicated board members Beck Amensen, was promoted to serve as the chair earlier this week. Beck has an extensive background in healthcare security and behavioral health, as well as decades of experience as a licensed investigator in Oregon and California. She earned her international credentials as a Certified Healthcare Protection Administrator while at Salem Hospital and later transferred to Scripps in San Diego. As an investigator, she worked with unsheltered individuals to locate and reconnect them with their families. In 2011, Beck cofounded Dignity Delivery, Inc., for which she was also the president. The San Diego-based nonprofit provides necessary hygiene and personal care supplies to the unsheltered.

Beck most recently worked for Voices of Our City Choir as the Programs Director and later Director of Operations and Community Outreach. Her involvement with Community Through Hope began during COVID-19 quarantine with outreach. She is a 2022 Moxie award recipient, which honors 10 extraordinary women+ in any field, who possess grit, determination and moxie for their efforts in transforming the San Diego community and inspiring future generations through their accomplishments and leadership.

CULTURE, CAUSE & COMMUNITY INITIATIVE



YOGA FOR HOPE

BEGINNER FRIENDLY!



GENTLE, RESTORATIVE YOGA SOUND BATH & TEA CEREMONY

TICKETS ARE \$35 ALL PROCEEDS GO TO
SUPPORT ON SITE PROGRAMMING

Age Inclusive

Light Refreshments Provided

*Please bring your own yoga mat, blanket or towel!

kannaco

SATURDAY, FEBRUARY 25

FROM: 10 AM - 12 PM

📍 465 C St., Chula Vista, 91910

📞 619-947-6002



Community Through Hope is currently rolling out some great family-friendly events leading up to the celebration of our 5-year anniversary in October, which is Homeless & Hunger Awareness Month. On Feb. 25 from 10 a.m. to noon we're hosting an event called [Yoga for Hope](#), which will be held at our organization's headquarters and features a gentle, restorative yoga sound bath and tea ceremony with all proceeds benefitting on-site programming.

On March 31st we will have a family movie night film featuring [Encanto](#) as a way to celebrate culture and community. Tickets are \$5 to \$25 and can be purchased at communitythroughhope.org. Other events will be announced throughout the year for the community to participate in and support us along the way. On Oct. 7 our organization will gather collectively to celebrate our fifth anniversary, which will feature a visual art show that will be centered around the cause and culture of our community. The event represents who we are as an organization as we continue to provide innovative and trauma-informed services that honor equity and offered hope to the unsheltered clients we serve.

POINT IN TIME COUNT



Every year the Regional Taskforce on the Homeless gathers leaders throughout the counties of San Diego to conduct what’s called a Point In Time Count to collect data on the needs of those experiencing homelessness. It’s also meant to increase awareness of the crisis and encourage action among local community leaders, citizens and agencies.

Last year’s PITC resulted in nearly 8,430 individuals being counted as living in emergency shelters, transitional housing, safe havens, on the streets and along riverbeds, with roughly 4,100 *unsheltered*, according to the data reported. Our organization has found that this system is flawed, with not even time taken in each area to accurately count the number of unsheltered homeless individuals.

That is why Community Through Hope is currently conducting its own research using staff from our organization along with strategic outreach to identify more accurate numbers of those who are street bound specifically throughout the South Bay. Our nonprofit has already completed a 4-day outreach in one city and will share the collected data with partners who can use it to bring about change when it comes to addressing the homeless crisis.

PUBLIC SERVICE ANNOUNCEMENT





Due to the recent outbreak of Hepatitis A in the unsheltered community, our agency is requesting support from the community at large to donate bottled water and hygiene items. Hepatitis A spreads from contaminated food or water or contact with someone who is infected by the virus with symptoms including fatigue, nausea, abdominal pain, loss of appetite and low-grade fever. The condition clears up on its own in one or two months and is preventable by vaccine. Our agency is also working with Health & Human Services to provide vaccinations during our [Project ReFresh](#) hours so that we can do our part to help address this dangerous outbreak.

[Donate to CTH!](#)

About Community Through Hope:

Community Through Hope evolved through several incarnations over the last 10 years of grassroots experience and is a 501(c)3 nonprofit based in Chula Vista, California. Our mission is providing innovative, trauma-informed services for the unsheltered that honor equity and offer hope.

[Volunteer with CTH!](#)

