



# *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

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## MARCH 2023 NEWSLETTER



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**Dear community members, friends and partners,**

As we near the end of the first quarter of the year, we have already been a witness to our community coming together in many ways to help each other. While this weather has made it more difficult for our staff to do its job, we've

braved the elements along with our unsheltered clients to ensure they have blankets, jackets, tarps, tents, hygiene kits and warm food. Rain or shine, if there's a will, there's a way.

We appreciate all the individuals and groups who have stepped up to help us in the past several weeks to meet our clients where they're at and connect them with the resources and services they need. Those services include showers and haircuts, nutrition and medical services every Tuesday through our Project ReFresh program and wound care, hygiene kits, first aid and vital checks each Thursday through South Bay Street Medicine. The tenacity of the unsheltered community has never been more on display, and Team CTH will not leave these incredible human beings behind.

Yours in Service,  
Rosy Vasquez  
CEO/President

## COMMUNITY SERVICED-BASED EVENTS



Throughout the year, CTH is offering community members, partners and business owners an opportunity to get involved with our organization by contributing through a variety of sponsorship opportunities focusing on our



Cause, Community and Culture initiative with all proceeds benefiting on-site programming. Each event has a three-pronged approach to create awareness, raise money and support programs and services for the South Bay's most vulnerable population and offer experiences that remind the community we serve of the importance for connection, support and partnership.

Last month we held our first community-based event to kick off a months-long campaign leading up to the celebration of Community Through Hope's fifth anniversary in October. Yoga for Hope was held at our organization's headquarters and featured a gentle, restorative yoga sound bath and tea ceremony for attendees to relax and recharge. In addition, a Master of Reiki and Sound Therapist Healer lead a sound and tea ceremony.

While we planned a family movie night for March 31, featuring the film *Encanto*, we are rescheduling it for the summer when weather is more predictable. The movie *Encanto* is one way that we can celebrate culture within our community, with the message of the movie speaking to what we do at Community Through Hope, which is to help and empower people and foster greater connections with each other.

The benefit concert in October is meant to inspire community action, honor client resilience and highlight the unsheltered crisis in the South Bay through a meaningful night filled with movement, music and celebration honoring Community Through Hope's service work.

## HIGHLIGHTING CTH'S FEMALE STAFF DURING WOMEN'S HISTORY MONTH



Women's History Month, celebrated every year in March, is when we honor prominent women who have made important sacrifices and contributions to society who came before us and live among us.

It's also a month focused on educating others about the significant changes that influential women have made. For us at Community Through Hope, some of those women are memorialized on a mural inside of our warehouse food pantry. They include former First Lady Michelle Obama, Mother Teresa, environmentalist Greta Thunberg, LGBTQ+ activist and actor Laverne Cox and Supreme Court Justice Ruth Bader Ginsburg.

Team CTH is blessed to have several amazing women on staff in various capacities who are committed to unsheltered service work who are recognized below.

**Alyssa Tolentino**

**Start date:** April 2021

**Position:** Program Manager

*"Meeting our clients and hearing their stories is always a humbling experience, but being able to offer them services they aren't used to getting is very fulfilling. "Being a woman is extremely essential in the work we do. Some clients feel more comfortable interacting with women and I'm happy to be a part of that unit."*

**Alyssa Zamorano**

**Start date:** Fall of 2022

**Position:** Outreach assistant

*"I joined CTH because it reflects my passion for issues related to public health, which I'm currently in school for. I love serving the unsheltered and those with no access to vital resources. Housing and healthcare should be a human right. Being a female in itself is a gift, which we apply along with our patience, strength and resourcefulness when working with our unsheltered clients."*

**Bella Martinez**

**Start date:** Volunteer since 2020, employee since 2022

**Position:** Unsheltered Services Coordinator

*"I believe that all people are entitled to access to food, water and shelter regardless of their circumstance. The most fulfilling part of my job is being able to get to know people for who they are. The last three years have been some of the hardest years of my personal life, but showing up every day for my clients has allowed me to persevere, grow and begin to heal. I believe being a woman in this field has been an asset in helping me create trust with clients."*

**Danielle Vasquez**

**Start date:** January 2022

**Position:** Business/Office manager

*"I hope when clients leave here they have some faith in humanity. There are people who still care and don't pass judgment. Working here has humbled me. It has taught me patience and compassion. As a mother I want to help as*

*much as I can. I feel some of our clients get a sense of ease from our female staff and are more open to talking, which helps me figure out how to help.”*

**Katie Leon**

**Start date:** October 2022

**Position:** Community Liaison

*“I knew that at some point in my life I wanted to be of service ... The universe really works in mysterious ways. My personal golden rule is kindness and I think the unsheltered are shown the least compassion in our society. My hope is that through my service I can change mindsets around the unsheltered because we all need to work together. Being a female makes me see everything through the eyes of a mother—that every unsheltered person is someone’s baby.”*

**Laurie Blair**

**Start date:** Volunteering since 2019

**Position:** Former Senior Home delivery program Services Coordinator/current project volunteer

*“Our center is a safe place for folks to come and get a hot meal, shower as well as be seen and heard. I think there is a lot of misinformation and misunderstanding about why people become unsheltered. This population is vulnerable. As a female in service work we’re able to tune into that. There is a need to protect those at risk. We need to treat all people with respect, compassion and understanding.”*

**Robbie French:**

**Start date:** January 2022

**Position:** Executive Assistant

*“I joined CTH because I always wanted to have a job where I help people and give back to the community. I hope that my service work will inspire others to lend a helping hand. You can make someone's day by simply helping them and being kind. As a Black woman, it’s really important to me that I connect with our Black female clients, some of whom only want to interact with a woman.”*

**Rosy Vasquez**

**Start date:** 2018

**Position:** Founder/CEO

*“I joined in on this mission because folks were in such need of compassion and services. Being in service to others is the greatest gift. My biggest takeaway is that broken crayons still color. We all matter. We all must lift each other up. Though I feel we all can make a difference, feminine energy is a gift and it manifests itself in compassion and forgiveness.*

**REQUEST FOR HOPE CHEST  
DONATIONS**



# COMMUNITY THROUGH HOPE



## DONATIONS

### ABOUT THE COMPANY

CTH is the only provider in the South Bay where the unsheltered community can drop in 5 days a week and have access to a shower, nutrition (fresh and hot meals + to go snack bags), hygiene, medical supplies, access to their mail, ID vouchers, clothing, pet food and more. We also have South Bay Street Medicine (a medical mobile outreach team) who provides all of these services directly to the unsheltered community where they are. By donating you allow us to continue to grow, expand our impact and services and remain independent from bureaucracy and focus directly on our mission and continue to save lives.

### WAYS TO DONATE



PAYPAL



venmo



AMAZON

### THANK YOU

Your support means so much to TEAM CTH. CTH steps in and steps up to provide services for the unsheltered community in the South Bay. These services big and small have real impact and help save the lives of the unsheltered community here in the South Bay.

### FOR MORE INFORMATION

(619) 947-6002

465 C St. Chula Vista, CA 91910



Community Through Hope is the only service provider in the South Bay where the unsheltered community can drop in 5 days a week and have access to a shower, nutrition (fresh and hot meals and to-go snack bags), hygiene and medical supplies, their mail, ID vouchers, clothing, pet food and more. Our medical mobile outreach team provides all of these services directly to the unsheltered community where they are. By donating the items our clients need, you allow our organization to continue to expand our impact and services while remaining independent from bureaucracy and focusing directly on our mission to continue to saving lives.

[Donate to CTH!](#)

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## 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!](#)

Community Through Hope | (619) 915-7256 | 465 C Street Chula Vista, CA 91910

