



MAY 2024

# SACRAMENTO LOAVES & FISHES

Homeless Survival Services Since 1983

## A LETTER FROM OUR EXECUTIVE DIRECTOR

Dear Friend,

The spring sunshine lifts our spirits and provides renewed energy for our guests as they walk the path of homelessness. The month of May honors mothers and is also widely recognized as mental health awareness month. That significance is not lost on our campus community.

I recently saw Ashlee as she came to check her mail at Maryhouse. She ran over to give me a hug, chattering away about her kids and their grades and how they've grown in the years since we've seen each other.

After a moment, she grew somber and looked down at her feet. "I want to apologize if I was rude to you a few years ago. I was really struggling with my mental health but I didn't realize it then. I am on new medications now and I am doing much better." My eyes pooled with tears as we hugged again before saying good-bye.

This month, we celebrate the moments when community care comes full circle like this conversation with Ashlee. Your gift creates a sacred space where these moments are possible by building trust over time - thank you!

Mental health care for folks experiencing homelessness is often a moving target. Some treatment options will work for a time but without the stability and safety of a permanent home, complex trauma continues to wear away at people.

Mothers like Ashlee are actively battling each day to find safe places for their children to sleep, manage behaviors birthed from trauma and transition, all the while trying to care for their own health and well-being. The strength they contain as they weather all the misconceptions and still strive for a better life for their children is awe-inspiring and humbling to witness.

Give now to honor the incredible resilience of mothers like Ashlee who persevere through many complicated challenges.



At Loaves & Fishes, we celebrate the small moments when guests like Ashlee can be vulnerable and know they are loved.

**Will you join our circle of care by giving today?**

With love and gratitude,

A handwritten signature in black ink that reads "Angela Hassell". The signature is written in a cursive, flowing style.

Angela Hassell  
Executive Director

P.S. - Your donation provides a space where people struggling on the streets are seen as the fully worthy people that they are. Please give today!