



Moorpark Pantry Plus and Jeffrey Have Long Friendship

In 2010, Moorpark resident Jeffrey Fisher was terribly injured in a workplace accident. More than 10 surgeries later, he still lives with debilitating spinal pain that keeps him from returning to work.

Soon after his accident and initial surgery, Jeffrey came to the Moorpark Pantry Plus for assistance. Ever since, he's been a client and special friend, receiving help from a number of the center's aid programs, including the pantry, the utility bill assistance program and, most recently, the rental assistance program to prevent homelessness, when unexpected car repair bills left him unable to pay his rent.

Jeffrey has taken up photography, doing photo-shoots as much as possible, though the COVID-19 shutdown has made this difficult. He wants to make sure the people at the Moorpark Pantry Plus know they helped a good man. "The good people at Catholic Charities didn't have to help me, but they did, and I am so grateful." ❀

Good Shepherd Shelter Family Moves Forward to a New Home

Good Shepherd Shelter is a Catholic Charities of Los Angeles residential program for mothers and children fleeing domestic violence. All the services are designed to help the families heal from the trauma they have experienced so that they may move forward and break the cycle of violence.

One of the shelter families recently did just that. Upon arriving at the shelter, mother and son had limited financial resources and very few belongings and also were carrying the heavy burden of pain and trauma. Working closely with the Family Services' team, mother set goals to improve her credit and address tax issues due to the financial abuse she endured from her husband.

Mom was also committed to addressing their emotional needs through the shelter's therapeutic services. Her son was significantly behind academically, which contributed to low self-esteem and behavior problems. Over time, he became interested in learning and the shelter's private school, staffed with trauma-informed teachers, proved beneficial as he learned effective ways to safely practice emotional expression.

With the help of the Sisters on staff,



Mother and son step toward their fresh start in a violence free life.

mother also received spiritual support, which provided her with additional coping skills that aided her in managing anxiety. As a result, she also strengthened her relationship with her son.

Deana Payne, Program Director, reports that the mother and son are grateful to Good Shepherd Shelter for giving them the much-needed support to overcome their trauma and move forward to a violence free life. Mom attributes her experiences in the shelter's programs as the catalyst that changed the trajectory of their lives. ❀

In This Issue...

- McGill House Assists Mom page 2
- Immigration Services Aids Family page 3
- Santa Maria Center Doubles Clients page 3
- Guadalupe Center Holds Summer Camp..... page 3
- St. Robert's Center Helps Homeless..... page 4



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