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September 2018

Bloomington Counseling Program Trains Staff on Innovative Therapeutic Approach

Travis* is an older man who came to Catholic Charities for counseling because of low self-esteem and depression. His long-term relationship ended 10 years ago, and he found himself feeling lonely and looking back on his life with regrets. He found it difficult to push himself to try new things and meet new people. Travis learned the initial stages of EMDR (Eye Movement Desensitization Reprocessing) therapy by visualizing a calm place in his mind and using deep breathing and tapping to reinforce positive feelings. After a few weeks, he and his therapist moved into the final stage of EMDR therapy, which resulted in Travis reporting that he was now seeking out old friends, trying a new activity, and not obsessing about sad feelings.

**name changed to provide privacy*

Catholic Charities is pleased to provide EMDR therapy, which allows participants to process through a past traumatic event in less time and more effectively than traditional therapies. Because participants tend to need fewer therapy sessions, therapists can work with more clients each year. More information on EMDR can be found by visiting www.ccbn.org and clicking on "What we do."

For a complete listing of our staff and council, click [here](#).



Our Therapists

Grants Awarded

Emergency Solutions Federal Grant (ESG) - \$48,890 was awarded from HUD to our shelter program to prevent women and children from becoming homeless and to provide essential services to shelter residents. For more information on how HUD provides help to the homeless, click [here](#).

Sophia Travis Community Grant - \$1,300 to our counseling program for psychological testing expansion and screening supplies.

Annual Report

Click [here](#) to read our latest annual report

Save the Date



READY. SET. RAISE.

CLICK HERE TO REGISTER

5TH ANNUAL
RUN FOR HOPE 5k
FAMILY FUN WALK
THANKSGIVING DAY

The banner features a photograph of runners on the left and a cartoon turkey on the right. The turkey is wearing a red scarf and a yellow beak. The text is arranged in a blue and green color scheme.

Becky's Place Annual Christmas Open House

Date: Tuesday, December 4th

Time: 6:00p.m. - 8:00p.m.

Location: Becky's Place Shelter for Women and Children

Details: Shelter Tours with former residents,
Christmas Cookies, Holiday Decorations

Join Our Mission

2018 SPONSORSHIP OPPORTUNITIES



For More Information
Click Here



Take a slice out of homelessness

The entire sale price of your \$1.99 fruit pie goes to help homeless women and children at Becky's Place.



What's Your Slice?

Where: Pappas, 2615 Mitchell Road, Bedford, IN 47421 (NEW LOCATION)

What: The entire sale price of your \$1.99 fruit pie goes to help the homeless

When: Every Thursday starting August 10



Help Catholic Charities by shopping for groceries at no extra cost to you!

1. Register your Kroger Plus Card at Kroger.com/communityrewards (if you do not have one, they are available at the Customer Service desk at any Kroger)
2. Click on 'Sign In' or 'Create an Account'
3. Search for 'Catholic Charities Bloomington' or enter 'CL196'
4. Click 'enroll'.
5. Help Catholic Charities every time you shop!



Catholic Charities
803 N. Monroe Street
Bloomington, IN 47404

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