



Catholic Charities
Providing Help. Creating Hope. Serving All.



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Fall 2018

Catholic Charities

Fall Newsletter 2018



Innovative Therapeutic Approach Achieves Results

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.

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."

**name changed to provide privacy*

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.

Our counseling program was awarded a \$13,000 **City of Bloomington Jack Hopkins Social Services Grant** to provide more therapy consultations for EMDR and more play therapy consultation and training for trauma. *Special thanks to the City of Bloomington for this prestigious award!*

Our therapists

Since April, we have hired three new therapists, one of whom is fluent in Spanish. We will have nine interns this year, from undergraduate to doctoral student.

For a complete listing of our staff and council, visit: www.ccbn.org and click on "Who we are."



Back Row: O'Connell Case, Brandt Badger and Dennis Craig. Front Row: Kaitlin King, Amber Kinney, and Sheri Benham. Not Pictured: Mike Stribling

Collaborate effort renews Becky's Place

We are so grateful to Smithville Charitable Foundation for providing us with \$34,115 for many new upgrades to our shelter and rent assistance for 10 families who completed the program and transitioned into permanent housing.

- New fence is 25 feet longer and 3 feet wider than old fence.
- New ceiling, floor and paint.
- The Living Room Center donated dressers and nightstands.
- Koorsen Fire & Security installed a new fire panel, which controls the sprinkler system, fire alarms, emergency lighting

and exit lights.

- Bedford Home Furnishings donated 12 new bedframes.
- Ivy Tech staff painted and donated curtains and curtain rods and did maintenance around the shelter.
- The United Way provided funds for a new vegetable garden.
- Dishmaster installed new security cameras and a new camera monitor.



Is your church participating? No Room at the Inn is a local church campaign for Becky's Place at Christmastime.

No Room at the Inn

Support **Becky's Place** this Christmas Season

Our Goal is
to get **25 Churches**
to reach **25 Families**
to contribute **\$25.00**
by December 25



Save the Date

United Way of Monroe County Presents: The Talent Show!

Date: Tuesday, October 2nd

Time: 7:00 pm (Doors open at 6:00 pm)

Location: Buskirk-Chumley Theater

Details: Ticket proceeds will benefit 25 area nonprofit agencies, including Catholic Charities.

Tickets can be purchased online at bctboxoffice.org

Change Your Oil, Change a Life

Date: November 1st-30th

Location: Bedford Ford Lincoln Quick Lane

Details: For the entire month of November, Bedford Ford Lincoln Quick Lane is offering a \$1 donation for every oil change to benefit Becky's Place.

Becky's Place Annual Thanksgiving Day 5K Run for Hope and one mile family walk

Date: Thursday, November 22nd

Time: 9:30a.m. - 12:00p.m.

Location: On the Square, J Street, Bedford

Details: www.BeckysPlaceBedford.org

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, 1108 5th St., Bedford
Details: Shelter tours with former residents, silent auction Christmas cookies, holiday decorations

Catholic Charities Annual Valentine Open House

Date: Wednesday, February 13th Time: 6:00p.m. - 8:00p.m.

Location: Catholic Charities, 803 N Monroe St., Bloomington

Details: Tours with staff, refreshments, activities for children

Catholic Charities Annual Breakfast Benefit

Date: Wednesday, April 10th

Time: 7:45a.m. - 9:00a.m.

Location: St. Paul Center, 1413 E 17th St., Bloomington

Details: Speaker, program updates, breakfast

To sponsor an event, contact Cheri Bush at cbush@archindy.org

Fight homelessness and mental illness



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!



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Bloomington, IN 47404

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