



# Wellsprings Village, Inc.

*Our mission is to provide a safe growthful environment for homeless and abused women. We seek to empower them to become economically, emotionally self-sustaining, contributing members of society.*



A Publication of Wellsprings Village, Inc.

Annual Report Issue

## *Resident Testimonies*

I've been reading this book called, "Think and Grow Rich", by Napoleon Hill, and it has really been adding to a lot of transition for me. It talks a lot about fear and worry. Fear and worry had been two of the main reasons why I felt it was too late for me to get my life together. There are six basic fears that every human suffers from:

- |                       |                                     |
|-----------------------|-------------------------------------|
| The fear of Poverty   | The fear of Loss of Love of Someone |
| The fear of Criticism | The fear of Old Age                 |
| The fear of health    | The fear of Death                   |



Having these fears will lead you through cycles of destruction. For twenty-one (21) years, my focuses were all on my fears, in which my fears caused a lot of drug abuse, guilt and shame. After so many arrests, I told myself that enough was enough. The last time I was arrested, I had enough courage through prayer to ask for help, and the judge decided to help me by sending me to Rehab. Now I've heard stories where people had been to rehab numerous times, and still continued to live a harsh street life. For me it was exactly what I needed in order to move on toward a better life for myself. After rehab, I decided on my own to move into transitional living. I'm a proud resident of Wellsprings Village Inc. One of the most awesome destinations here on earth. I've been a Wellsprings resident for a year and a half now, and I'm totally loving this place. Ever since I've been here, I've come into productive habits such as time management, budgeting, and even doing things that can benefit me living on my own. I attend two classes each week, one is Life Skills and the other is Co-occurring Mental Health. Even though I haven't been diagnosed with a mental health problem, I've learned that I still suffer from a lot of the exact same things that people who have been diagnosed do. I meet with the client advocates each week even if it's just to chat about weather, news, or personal issues. For me, that keeps the advocates knowing that I'm okay or if there is a problem or not. I only have about eight months left here at Wellsprings Village, and I'm certain that when my time comes I'll be ready. Wellsprings Village has given me back my life, my self-esteem, my faith and my independence. For that I will forever be grateful. Thank God for putting it in the hearts of those Dominican Sisters to birth such a place. Those who are ready and searching for a healthy lifestyle, Wellsprings Village is definitely the place to be. I've accomplished so many things in a year and a half. I feel I've finally joined the ranks of the super successful. Thank God for chances and change.

Lauren R. Baptiste

On May 2, 2016 I entered treatment. The only thing I had to my name were the clothes I was wearing. The only thing my life consisted of was getting high. I had no job, no home, and no relationship with my kids. My life was completely out of control and I was a hopeless mess. I really wasn't sure how I felt about treatment but I had nowhere else to turn. I was at a point where the drugs weren't really even making me feel good anymore. I ended up staying a little over 90 days in treatment. I experienced a lot of things in those 90 days but most of all I started praying to God and I started feeling maybe there was hope for me after all. I began to get excited about life! I knew I needed somewhere stable to stay after treatment and after checking out a couple places I found Wellsprings Village. I applied and was accepted. I was grateful to have somewhere to stay but little did I know how much Wellsprings would play a part in allowing me to grow in my recovery. In this past year I have learned so much about recovery, life, and myself. I've learned there is much more to recovery than just putting down the drugs. Wellsprings has helped me change from within. I still have a long way to go but I now have reestablished relationships with my kids. I have a job, money saved and an advocate at WSV that has helped me develop short and long term goals. I am truly grateful for Wellsprings Village for helping me find direction in life and for helping me build a strong foundation. I will continue to utilize the groups and all Wellsprings has to offer so that when it is time for me to continue on my journey I will have the necessary tools and knowledge to live a successful clean, sober and happy life.

Amanda Dyson



## From Our Executive Director

Our fair city of Houston, as well as other areas impacted by Hurricane Harvey, continues to move forward in the process of recovering from the devastation produced by the storm. To all of our friends, volunteers, and supporters that were affected by the storm, our thoughts and prayers are with you as you journey through the process of restoration. We were most fortunate that our campus did not sustain any significant damage during the storm. However, we did have two staff members that were displaced due to flooding in their apartments and were able to seek safety at Wellsprings temporarily. Additionally, a drive hosted by our Rice University Board Fellows to collect household items and supplies for Wellsprings residents was donated to hurricane survivors because their need was truly great. Wellsprings has also received referrals for admission from those that were in the NRG and GRB shelters. We continue our mission and vision by providing homeless women with a safe, stable residence that will allow them to focus on rebuilding their lives. We hope that you will continue to support us throughout this time period with your contributions as well as your prayers.

*Valerie Beckham*



Greta Payne

Wellsprings has truly been a blessing to me. What has helped me the most is the counseling I received from Mr. Cooper. For the first time, I was able to identify my core issues and work through them successfully. I have a better understanding of why things affect me the way that they do. I still have a ways to go and things have not been easy but I continue to focus on remaining clean and sober. I am grateful that the staff referred me for the intensive counseling that I really needed. I work part-time and I am currently preparing to enroll in welding school so that when I leave Wellsprings I will be able to make a decent living and be able to provide for myself and my children.



### *Save the Date*

Wellsprings Annual Gala  
Friday November 17, 2017  
Sugar Creek Country Club  
Sugar Land, TX

### *Save the Date*

Wellsprings Founders Luncheon  
Monday January 22, 2018  
Maggiano's Little Italy Restaurant  
Houston, TX



### Easy Ways to Fundraise for Wellsprings

Use your Kroger Plus card to help Wellsprings Village. You will no longer have to tie it to the card every year. Once you set it this time you are done! Visit [KrogerCommunityRewards.com](http://KrogerCommunityRewards.com). Sign in to your account or create one, find our organization, our number is: 81686. Now every time you shop, Kroger donates.

We are also registered with [SmileAmazon.com](http://SmileAmazon.com) so whenever you shop online at Amazon, use [SmileAmazon.com](http://SmileAmazon.com), search for Wellsprings Village and every time you shop Amazon donates.

Do you love jewelry? Hold a Premier Designs jewelry event (at your home or just via the internet) and proceeds from yours and your friends purchases will be donated to Wellsprings. Contact Ginny Kazmierczak

**Donations from February 1, 2017 to June 30, 2017**

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*Have you sent in your change for change yet?*

*Keep a jar on your desk at work and tell everyone about Wellsprings.*



Wellsprings Village, Inc.  
Post Office Box 311017  
Houston, Texas 77231-1017  
713/529-6559  
[www.wellspringsvillage.org](http://www.wellspringsvillage.org)  
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## *Save the Date*

*Wellsprings Village Annual Gala*

*Friday, November 17, 2017*

*Sugar Creek Country Club  
Sugar Land, TX*