



Wellsprings Village, Inc.

"Wellsprings provides a safe, nurturing environment for women who were homeless or abused, helping them to become independent, contributing members of our community."

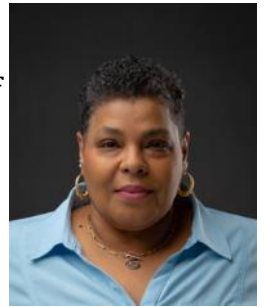


A Publication of Wellsprings Village, Inc.
Annual Report Issue September 2023

Celebrating 35 Years of Lighting the Way

From our Executive Director

Wellsprings has been a gift to women experiencing homelessness for 35 years and you have certainly been a gift to us! We are so appreciative of your support and long-time friendships! Thank you so much for helping us to continue the mission and vision that our beloved co-founders, Sr. Rita and Sr. Justin began in 1988. We continue to honor their memory by providing stable housing and services that are necessary to help the women become productive citizens of our community.

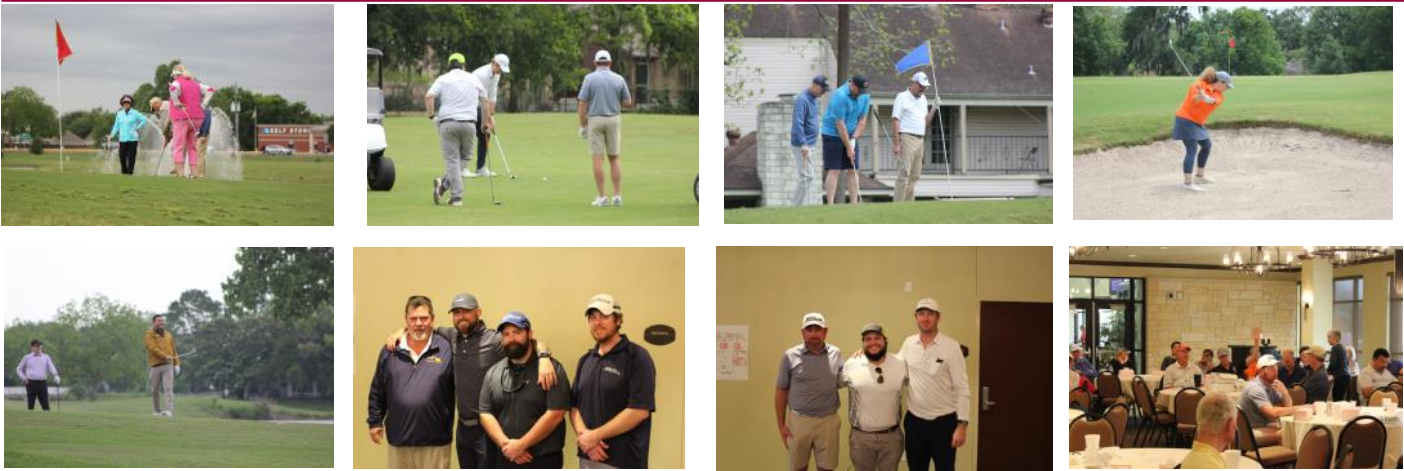


As Wellsprings Village continues to assist women experiencing homelessness, the issue surrounding mental health and homelessness can be very complex. Most of the women admitted to Wellsprings Village have a diagnosed mental health disorder **in addition to** a substance use disorder and need to receive specialized services to be able to prepare for employment and ultimately residential stability. Better mental health services are necessary not only to combat mental illness but homelessness as well. This is the primary reason that Wellsprings Village implemented a new Mental Health Awareness Program in 2022, that was generously funded by the Junior League. Two pilots of the program were conducted during the pandemic and had outstanding results. The purpose of the program was to educate the women about mental health disorders, medication, and lifestyle changes that would have a positive impact on their mental health. The women gained a better understanding of how their mental health (with or without a diagnosis) impacts their decision-making and behavior, and how it may be a catalyst for their substance abuse or other destructive behaviors.

It is our hope that as we continue to help those who need it most, they will be able to make significant lifestyle changes and create a better life for themselves!

Valerie Beckham

Our annual Golf Tournament was a great success thanks to the generous participants who attended this year. The tournament was held on April 24th at Quail Valley Golf Course. We had 13 teams participate. Golfers enjoyed a light breakfast and box lunch along with two fun holes sponsored by Dixon Golf, a raffle and a live auction. Thank you to board member, Mark Janik, for being our auctioneer! Check out the photos and see if you recognize any of the golfers.



We wish to thank Chris Smith of La Viva Cocina & Cantina in Cypress for hosting our annual wine tasting event on August 7th. His generosity helped make it a successful fundraiser.

Welcome to our newest board members:

Carla Garcia
Carla Garcia Photography



Gwen Juarez
Accent Band
Gwen Juarez Photography



Celebrating 35 Years



Lighting the Way

Wellsprings Village Annual Gala

*Friday, November 17, 2023
The Junior League of Houston
1811 Briar Oaks Lane*

*A night of fine dining, dancing to music by
Accent Band and a silent and live auction.*

*For additional information contact Wellsprings Village
713-529-6559*



Founder's Luncheon 2023
 Celebrating 35 years with Guest speaker
 Sydney Zuiker, Safe Community Director
 of Crime Stoppers



Resident Testimonial

My name is Michelle and I have been a resident at Wellsprings Village since October 2022. Wellsprings Village is a safe haven, it has given me a new lease on life. The advocacy team has always been caring, attentive and professional since my very first day on property. When I surrendered to my higher power and asked Him for help it was THE BEST decision I made for my life. I wasn't happy, I wasn't sure how and where to start to get the help I longed for, for a long time. On June 01, 2022 I accepted an appointment to enter an intensive treatment facility that would change my life for the better. While in this 14 week recovery facility I grew, I understood foundation to proper boundaries and I understood what I needed to do for aftercare. Changing all areas of my life was necessary for success. While in treatment I paid very close attention to others around me and realized that there was a wonderful opportunity for me and my new-found life. A journey I chose to take very seriously. Realizing the gift within myself, I decided to inquire about Wellsprings Village and what would be expected of me to qualify for admittance. After completing all paperwork, a life essay and two interviews I was given the best life-changing news that I had been accepted to Wellsprings Village and on Tuesday October 11, 2022 I arrived on property. Through faith, self-motivation, positive aspiration and really great classes to understand my core issues I realized even further that I can do anything I put my mind to. I became excited about life and it's possibilities! Although I was told "slow down" I couldn't and I didn't. I give ALL of the credit of my aftercare and the bright future to Wellsprings Village advocate staff. They have only encouraged me and given me the best advice. I feel strong. Stronger than I have ever felt. I know for certain that if an individual really wants a better life it takes their willingness. I believe in leading by example and showing others that a better, more positive and productive life is only possible if there is individual willingness to accept life on life terms. I love life today and I wouldn't trade it for ANYTHING in this world! Thank you so much Wellsprings Village!!

Every year the board and volunteers host a Christmas party for the residents. Here they are enjoying time together, eating and singing carols.



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Please think of Wellsprings with your company matching funds.



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Save the Date!

Wellsprings Village Annual Gala



*“Celebrating 35 Years of Lighting
 the Way”*

*Friday, November 17, 2023
 The Junior League of Houston
 1811 Briar Oaks Lane*

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