



PATHWAYS POST

WINTER / SPRING 2013

We've got a new **SPRING** in our step!

Are you having a great Spring? We are, thanks to generous donors like you and these exciting new health and wellness initiatives! Check out what's blooming at Pathways these days: Get your hands dirty with us and cultivate some food and fun! Our **Garden Club**, in partnership with Beet Street Gardens, is gearing up for its third year and has just started planting the first seedlings. Like to eat? Be sure to check out our **Better Food Better Choices Club** and join us as we taste test new fruits and vegetables, try new recipes, and work toward making healthier meal choices. If working out is more your speed, we invite you to join us for **Funky Fitness Fridays**, a lively exercise class designed to get our consumers up and active no matter what their current fitness level is. Or, catch up with our **Walking Club** and learn about the history of DC while getting in shape! The healthy recipes, work-out gear, and ongoing financial support you provide allow us to continue offering these exciting club activities. Thank you for walking alongside our consumers as they spring into wellness.



Help us Grow!

We need YOU.

Every dollar you give to Pathways right now will have **TWICE THE IMPACT** thanks to a special matching grant from The Morris and Gwendolyn Cafritz Foundation.

Please make your spring tax-deductible gift today and help us meet our match by May!



Christy's Corner

An update from Pathways to Housing DC's Executive Director

Spring is my favorite season in DC - not just because the weather is perfect but also because it is a time when the earth reflects the renewal and recovery that we are working toward everyday here at Pathways. One of my favorite things about Pathways is being invited by our consumers to participate in their transformations as they move off the streets and into permanent apartments. Over the past nine years, it has been a privilege to witness more than 500 individuals create new identities for themselves- identities that are far beyond the label "homeless." As consumers establish social support networks through friends and faith communities, explore work opportunities, reconnect with family, and tackle addictions, mental illnesses and other life challenges, their lives exude recovery. We work with every individual to create a vision of hope for what's next in their lives— and we continue to be part of their journey. As spring arrives, we have much to celebrate and much to look forward to! We are so thankful for your support, and invite you to continue sharing our mission to end homelessness and support recovery for our neighbors.



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MISSION STATEMENT

As originators of the Housing First Model, Pathways to Housing believes housing is a basic human right. Our mission is to transform the lives of people experiencing mental health challenges and homelessness by supporting self-directed recovery and community integration. We work to change mental health and housing services by: Providing immediate, low-barrier access to permanent housing, without preconditions; Setting the standard for services that support recovery and community integration; Advocating for people's right to live free from stigma and discrimination; Conducting research to find innovative solutions and best practices for those who are experiencing homelessness and psychiatric disabilities, addictions, and complex medical issues.

Growing and Thriving— A Pathways DC Success Story

Bernard grew up in Southwest Washington, DC before becoming homeless over five years ago. With nowhere to go, he stayed on the streets of Chinatown, near the home of his beloved Washington Wizards basketball team. This December, with the assistance of his Pathways ACT team, Bernard moved into a permanent apartment. His favorite thing about the new space? "The warmth." After just two months, Bernard is beginning to thrive in his new home. In January, he worked as a street musician during the presidential inauguration, where he says he enjoyed, "watching the tourists dance" to his music. Soon, he hopes to reconnect with his mother and finally attend a Wizards home game—this time from inside the arena!



*Congratulations
and
welcome home,
Bernard!*



VOLUNTEER SPOTLIGHT



Students (left) from **Catholic University** serve dinner to consumers at our annual Thanksgiving Celebration; Volunteers from **Accenture** (middle) provide pre-employment training and workforce development for consumers participating in our Supported Employment Program; Staff from a nearby **Hampton Inn** (right) organize our clothing pantry to assist our street homeless outreach efforts.

Pathways to Housing DC

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