



### *Dear Friends in Christ,*

This month we celebrated the Feast Day of St. Josephine Bakhita! She is a patroness of our apostolate because she is the patron saint of those enslaved. The women we serve have experienced modern-day slavery. They have been sold, abused, and suffered similarly to St. Bakhita. She is an excellent example of how to find joy in one's suffering!

The idea of finding joy in one's suffering is a concept that CIH aims to teach the survivors we serve. The burden of their memories and sexual wounds can only truly be lifted through Christ. It is our hope that through the grace of God we can give them the tools that will lead them into a bond with our Lord and true peace through embracing and trusting His will and uniting with Him through their shared suffering.

This Lenten season, I encourage you to reflect on St. Bakhita's words, "In God's Will, There is Great Peace", and I invite you to offer up your own sufferings for our clients to find joy in their own. I, also, would like to invite you to discern if there is a way God wants you to offer yourself to our organization this Lent. Please contact us if you are being led to us this Lenten season!



Yours in Christ,  
*Jenna Christakis*  
Marketing Manager

## CLIENT CORNER



### *St. Bakhita's Women's Program*

#### **Benefits of Equine Therapy**

Equine-assisted therapy, which incorporates horses into the therapeutic process, offers a unique approach to mental health treatment. This type of therapy can be effective for children and teenagers who experience challenges such as trauma, anxiety, depression, PTSD, and more. The therapeutic environment with horses can feel less intimidating than a traditional session "on the couch" at the office. During equine therapy, people engage in activities such as grooming, feeding, and leading a horse while supervised by a mental health professional. Eventually, they get to learn to ride the horse!

Most of our clients suffer from addiction, PTSD, depression, grief, and low self-esteem. I have noticed that equine therapy had a very special effect on our clients: the calming presence of horses made them feel “safe” and relaxed. Horses are keen observers and are vigilant and sensitive to movement and emotion. They often mirror a client's behavior or emotions, conveying understanding and connection that allows the client to feel safe.

One of our clients is a 19-year-old woman who has experienced sexual and emotional abuse. She often struggles expressing herself and her verbal communication skills can be limited. However, she can think and express her feelings and emotions more clearly during equine therapy. Building therapeutic rapport can take time as she works toward building trust and practicing vulnerability in her sessions. What has been interesting to see after multiple equine therapy sessions, was that she did much better in a “traditional” session. We believe that initial equine therapy contributed to her breaking the barrier to talk to her therapist. Just last week she told me how grateful she was for therapy and the ability to tell someone about her past. These moments are priceless.

Through equine therapy she has been strengthening her confidence, trust and empathy, and impulse control. With equine therapy and stable housing, she recently celebrated 3 months of sobriety and is very proud of herself. She hopes to continue equine therapy if CIH is able to continue funding this unique service.



May God Bless You,  
*Monika Spatcher*  
Clinical Case Manager

## *Emergency Services Program*

### **Message from a Current Client**

“Currently I am struggling with homelessness, and I got connected with Children of Immaculate Heart. Wanni from the Emergency Services Program (ESP) got back to me in a timely manner and made an appointment to come out and meet with me. Before she even met with me, I was given emergency assistance with a hotel stay which provided me some relief until my appointment date. At first, I was nervous that someone could help me, but I was in a safe place. She did assure me and meeting her was more comfortable. The ESP is currently helping me with the hotel stay, budgeting, and resource support. I will be moving to my new home which is still in the inspection process. I am excited and can't wait!

When I met Wanni, I was a bit confused about the process of housing and needed support to navigate. Having an advocate helps to make the process more smoothly. The housing process is very stressful with a child, so I am grateful for the support of the hotel assistance which gave us a place to rest our heads and time to relax without worrying. I am learning about budgeting while staying in the hotel and creating a plan for my move. I like that I get check-in visits at my hotel or at the mall or playground where my child can get a break from the confinement of the hotel.

Struggling with homelessness brought on some trust issues and some frustration. To help with this I was assisted with reconnecting to my therapy sessions. I like that I can vent, be myself and revisit the conversation. Redirecting me to focus on my plans and supporting me with navigation resources and potential services has been helpful.

This is a letter of appreciation for the services that I received from the ESP. Thank you so much!”

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## OFFICE SPACE NEEDED ASAP!



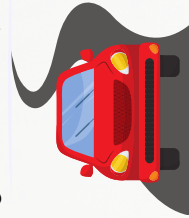
We are looking for office space located near Downtown San Diego for our Day-Time Drop in Center. A donated or low rent space would be most appreciated!

Please email [danielle.badillo@ciheart.org](mailto:danielle.badillo@ciheart.org) with any leads!

**C.A.R.S.** (Charitable Adults Rides and Services) accepts any car donation. Use the link below to start the process of selling your car and giving the proceeds to CIH!

<https://careasy.org/nonprofit/children-of-the-immaculate-heart>

Have a Car to Donate?  
Give it to C.A.R.S.!

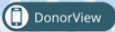
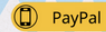


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BY MAKING 12 GIFTS A YEAR!



SET UP A CONTINUING GIFT

- on our website
- by check
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*Provide a Move-In Basket for New Clients!*



*Needed Items Include:*

- Toiletries
- Different sized sheet sets
- Bathroom caddy sets
- Shower curtains
- Face cloths
- Wash cloths
- Gift cards to Walmart
- Gift cards to grocery stores



Authentic German Food, Beverages, & Music  
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and More!

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SATURDAY SEPT.  
21ST, 2024

6 P.M.  
TO  
9 P.M.

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*St. Bakhita's Womens'  
Program has  
client openings!*

Please contact us  
if you know  
anyone in need  
of help.



*CIH has merch!*

<https://childrenoftheimmaculateheart.creator-spring.com>

**Family Picnic**

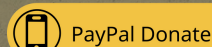
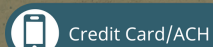
May 11th, 2024  
From 1 P.M. to 4 P.M.

Private Event for  
Circle of the Redeemer  
Members

Hosted by the  
CIH Foundress

*Save the*

*Date!*



*Donate  
to help survivors  
heal from their trauma!*

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