

Kind HEARTED

your gift changed lives

HumanKind

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Finding a WAY

BECAUSE OF YOU, KAYLAH HAD SUPPORT FOR A HEALTHY PREGNANCY

KAYLAH KNEW THE IMPACTS OF A HIGH RISK PREGNANCY – SHE HAD ALREADY HAD TWO PREVIOUS HIGH RISK DELIVERIES.

Both had resulted in health complications for the babies, long hospital stays, a mountain of medical bills, lost time from work and a lot of additional stress on her that impacted her own health and well-being. She knew she couldn't go down that road again with this pregnancy. But you were there; your generosity made the difference. Kaylah found the help she needed from a Family Support Specialist through HumanKind's Healthy Families program.

YOU ARE A LIFELINE FOR CHILDREN AND FAMILIES IN CRISIS.

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Her doctors insisted that she had to get her stress and overwhelm under control as quickly as she could. The child she was carrying this time needed her to be as healthy as possible -- he had a hole in his heart and so much unknown still lied ahead for them both.

As a single mom, Kaylah was struggling to keep up with rent, utility bills, increased grocery costs, car payments and making sure there was enough to cover all the upcoming doctor appointments for her baby on the way. She knew something had to change and that she couldn't do it alone.

Because of you, Kaylah was connected with Lindsey, a Family Support Specialist from Healthy Families. Lindsey was able to come alongside her and help ease some of her greatest worries. First, she helped Kaylah prioritize her bills and create a budget that would work for her and her family's needs.

“I couldn't see the light at the end of the tunnel. I felt like I was drowning in stress, bills and life in general. And I didn't know how to do better this time – but I knew I needed help.”

Kaylah shared, “Finally I felt like I could take a deep breath. With Lindsey's help I realized I could pay off my car with a tax return and officially become a vehicle owner for the first time in my life! When I got the title in the mail, I FaceTimed Lindsey right away -- me and my kids had a dance party with her right there on the phone.”

Just five days later Kaylah lost her job. “I couldn't believe it. When Kaylah texted me about losing her job so shortly after such a big win," her support worker Lindsey shared, "I was so afraid it was going to send her back into a spiral of stress and cause complications for the baby.”

But Kaylah didn't panic. Thanks to the budget that she had created with Lindsey, Kaylah had money saved to help her and her children get by until she could find a new job after the baby was born. Because of you, Lindsey was right there with her every step of the way.

At her next prenatal appointment, Kaylah's doctor was shocked at the improvement the baby was showing. Based on her previous pregnancies, her doctor thought the baby would be born as early as 28 weeks. This would be she would need extensive time in the NICU and medical procedures to repair the hole in his heart. But when the doctor looked at the ultra sound, there was no hole to be seen. What a blessing!

With less stress in her life and Lindsey's support, Kaylah gave birth to a healthy baby boy at full term. She is now a mom of three healthy children. Kaylah still works with Lindsey who continues to provide parent support and access to resources that help Kaylah make a life for her children she never dreamed possible.

Your gift has forever changed the life of Kaylah and her children.



Thanks to you, Kaylah had the courage to keep going. Your gift ensured that she had the support she needed. “I remember just instantly crying and letting out a breath I felt like I had been holding in for months.”



Opportunity to Overcome

YOU'RE THE REASON MARY DIDN'T GIVE UP

Mary has struggled with sobriety for most her life. She would try and try to get clean on her own but would fall back into the same old abusive habits. But when her son was taken away from her, she knew she had to figure out how to change and make it stick. She just didn't know what to do next to make this time different.

Because of you, a lifeline of support was ready and waiting to help Mary take the next right steps. The journey wasn't easy, but it was life-changing and worth every painful step.

“There were so many points in my life I thought I was at rock bottom, but when Child Protective Services (CPS) took my son away from me—that was truly my lowest point. I knew I needed to be better not just for me but for my kid,” shared Mary.

After removal, CPS referred Mary to Healthy Families, and she was immediately connected with a Family Support Specialist. After working with her support worker, Mary realized nothing could change unless she got herself clean. So together they made

Mary's journey hasn't been easy and there are still challenges ahead. But because of you this mother has access to life-changing resources. What a gift you have given her to build resiliency.

a plan to get her started on that path and into a rehab center that would meet her needs.

A year after completing rehab and holding on to her sobriety, Mary found out she was expecting another child. And this time she knew where to turn for help so she could do things differently.

“I knew I needed help this time around. I know what my triggers are now and with my Family Support Specialist's support and accountability, I really felt like I had someone in my corner rooting for me the whole time.”

Because of your continued generosity, Mary's Family Support Specialist was right there to walk with her.

Nine months later, Mary had a healthy baby and has been working hard every day on bettering herself. Having come so far and made great changes, CPS has even encouraged Mary to start the process of regaining custody of her firstborn child.

It's because of you that people like Mary have wrap around support to overcome some of life's most difficult challenges. Thank you for showing Mary that she is not alone, that new beginnings are possible, and a second chance is within reach.

You are the reason this life-changing work is possible. Because of you, Mary has a support system to wrap around her and her family.



Stan Southworth
President and CEO

THANK YOU FOR SHOWING THOSE IN NEED THAT HOPE CAN CHANGE THEIR LIVES!

You do so much to serve our neighbors who are hurting, lost and desperate for change. And I am grateful for you.

So many of the people who come to HumanKind for help feel alone and stuck. That's why your support to provide a lifeline of hope, a support worker to walk with them through a crisis, and a safe space to ask for help are so important. These simple acts of kindness can restore hope and prove that people really do care.

Thanks to your support, those in need can find the programs, counseling, and support services they need to succeed in life through HumanKind. You are among the heroes who put others' needs above your own. You join us on the front lines of compassion, kindness, and loving your neighbors when they need it most.

Your faithful support makes a life-changing impact.

A handwritten signature in black ink that reads "Stan".

Help! OUR PANTRY SHELVES ARE EMPTY!

The shelves of our Emergency Household Pantry are empty and we need your help! Please donate items from the most needed list below. Our families depend on this pantry to weather short-term crises without having to take on more financial burden.

ITEMS MOST NEEDED RIGHT NOW

- Body Wash (Men's/Women's)
- Bar Soap
- Hand Soap
- Deodorant (Men's/Women's)
- Shampoo & Conditioner
- Toothpaste & Toothbrushes
- Toilet Paper
- Paper Towels
- Trash Bags
- Dishwashing Liquid
- Laundry Detergent
- Household Cleaning Products
- Razors (Men's/Women's)
- Kroger or Wal-Mart Gift Cards (\$15.00-\$25.00 for basic necessities including food or gas)



DONATION DROP-OFFS

HumanKind Main Campus | 1903 HumanKind Way, Lynchburg VA 24503

Open Monday – Friday | 8:00 AM – 5:00 PM

To coordinate a group drive, contact Mitzi Dooley at mdooley@humankind.org.

All donations must be new.

YOU ARE A HERO FOR FAMILIES.



This transformation is only possible because of YOU! Thank you for your love of people like Tony – needing a community to walk alongside him to build hope and make lasting change.

Second Chances

BECAUSE OF YOU TONY'S LIFE
FLOURISHED IN RECOVERY

Tony's life was full of addiction, heartache, and prison. And then a severe overdose left him in a coma, considered brain dead, and on life support. Although the odds were against him, he woke up and made a full recovery. Having a second chance at life was no less than a miracle. Tony decided not to waste this chance and immediately enrolled in a recovery residence. There he began his life of recovery and worked hard to overcome addiction and turmoil.

Working to stabilize his life, Tony was in dire need of a reliable car so he could get to and from work. He had a vehicle, but it needed constant repair.

However, without a steady income, he could not afford to fix his car. It was a vicious cycle. He was panicked. His life was finally getting back on track and he was worried that if his car broke down, he would lose all of the progress he had made.

Because of you and your support, the doors at Ways to Work were open and available to Tony. Here he had a program specialist to walk alongside him and help him prepare to apply for a fair interest car loan. After months of preparation and hard work, Tony's loan was approved.

In the months since having a reliable car, he has received two promotions at his job and is now a supervisor making a healthy living wage. Instead of living paycheck to paycheck, he is now able to save money and pay his bills early. His most recent promotion has even allowed him to move closer to his family where he is focused on repairing relationships and making up for lost time.

“There is no way any of this
could have happened without the
support and guidance from my
Ways to Work family. I still can't
believe this is my life now.”

Tony's car is also a lifeline for others, providing rides to those who are experiencing some of life's obstacles and hardships. Tony shared, “That little Honda has helped save several lives so far. I have made it my life's mission to provide a hand up to those who are in need, just as the Ways to Work staff did for me.”

Tony is taking college credits to become a substance abuse peer counselor and has helped open two men's recovery residences, with a third house opening soon. You are the reason Tony found help along his path of recovery. Because of you, his life is forever changed.

Because of you, Tony had the support he needed to make his second chance in life matter. And now he's using your gift to help others along the way!

You Can Be a Lifeline

THIS MOM CAN'T MAKE IT ALONE,
BUT YOU CAN HELP.

The hardships are not over. Families are still feeling the impacts of the pandemic – and each week a new challenge arrives. Single mothers like Kim are hanging on the best they can – just trying to keep a job and hold their family steady. On top of higher prices at the gas pump and in grocery stores, the formula shortage has left her struggling to make ends meet.

Kim gave birth during the pandemic; becoming a mom for the very first time. She never dreamed she would have to raise a baby on her own, but here she is—a young single mom living just above the poverty line. She wants to break the cycle of poverty and create a stable life for her baby.

When HumanKind talked with Kim this month, we found out that she was still trying to breastfeed her baby while keeping up with her full time job. She has to depend on supplementing with formula, and the recent shortage has only added to her stress.

But the good news is that you can help! Right now she is in desperate need of baby supplies to help her get through the next month.

Will you please make an urgent gift of \$24 to provide the

emergency help she needs right now? Your gift today will provide a care package of formula, diapers, wipes, or other emergency help so she can take care of her baby. Your gift will even go beyond this to provide the emotional support that she need right now. And thanks to matching funds, your gift of \$24 will be doubled to provide \$48-worth of help!

And it's not just Kim. More parents are at risk as they are trying to overcome the fallout from the pandemic with costs of everything on the rise and now a formula shortage. Your support is critical. Parents like Kim cannot do this without you.



Please send in a gift today to help parents like Kim keep working, care for their children, and weather this crisis.

Your gift of \$24 will will be doubled to provide \$48-worth of help!

Yes, I'll help a family struggling from impacts of the pandemic.

Here's my special gift to provide a care package for formula, diapers, baby supplies, and support the good work of HumanKind.

- ☐ \$24, which doubles in impact to \$48
- ☐ \$48, which doubles in impact to \$96
- ☐ \$96, which doubles in impact to \$192
- ☐ \$ _____, which doubles in impact to help as many families as possible.

To give faster, please give online today: humankind.org/babysupplies

Help a family in need today!