



# Catholic Charities Connections

JUNE 2023

A Quarterly Newsletter from Catholic Charities Diocese of Kalamazoo

**We are God's hands providing housing, health, and hope to His children.**

## Celebrating National Volunteers Week April 16 - 22, 2023

*"The greatest good is what we do for one another." – St. Teresa of Calcutta*



We are blessed to have approximately 148 volunteers who support our mission throughout the Diocese of Kalamazoo. Each volunteer is essential to helping us feed, shelter, and clothe struggling mothers, families, and at-risk youth in the communities we live in.

Their service to our agency, whether it be mentoring, administrative support, collecting and organizing donations, packing and delivering food boxes, cleaning, painting, special event planning, serving on a committee or Board... all of those efforts make a difference to our agency and most importantly to the people God asks us to serve daily.

On behalf of CCDOK staff, we thank all of our volunteers for their willingness to serve, to share their energy, time, talents, and prayers with Catholic Charities Diocese of Kalamazoo. God bless them all for being active in our mission, *"We are God's hands providing housing, health, and hope to His children."*

Take a Peek at the "[Volunteer Spotlight](#)" section on our website to learn about our volunteer team members.

If you would like to share in the good works of CCDOK and connect with our mission, visit [www.ccdok.org/volunteer/](http://www.ccdok.org/volunteer/) to view the many opportunities and complete an application.



### Our Locations:

#### Administration

1819 Gull Road  
Kalamazoo, MI 49048

#### Caring Network/Bridges

1441 S. Westnedge  
Kalamazoo, MI 49008

#### Ark Services

990 W. Kilgore  
Kalamazoo, MI 49008

#### Catholic Community Center

346 Catalpa  
Benton Harbor, MI 49022

#### Bread of Life Food Distribution Center

551 Romence Road  
Portage, MI 49024

#### Baraga Manor

301 Washington Street  
Otsego, MI 49078

**CONTACT US AT:**  
**(269) 381-9800**  
**or [info@ccdok.org](mailto:info@ccdok.org)**

## Bridges Mental Health Counseling Offers Help and Hope to People of all Ages



### Did you know that our Bridges Mental Health Therapists:



- Have a client base which consists of 70% Medicaid or low-income clients?
- Have given hope to 120 clients this year alone?
- See 25 moms who are dealing with Perinatal or Postpartum Mood and Anxiety Disorder (impacting 1 in 5 pregnant or postpartum women)?

**Do you know someone in need of our services?  
Have them call 269-381-1234 and they will be able to see a therapist  
in less than 2 weeks.**

Would you like to help us reach more people and provide them  
the mental health care they deserve?  
Please consider making a donation to Bridges today!  
\$20 will help cover one therapy session.

### Bridges Mental Health will be offering Play Therapy beginning in June.



## PLAY THERAPY

**Beginning June 19, 2023**

Kids 5 years old - 5th grade

Available at our  
Gull Road Office  
1819 Gull Road  
Kalamazoo, MI 49048

Call 269-381-9800  
to schedule an  
appointment with  
a trained therapist.

*These are individual sessions scheduled M-F  
9:00 am - 5:00 pm depending on availability.*



#### What is Play Therapy?

Play therapy is to children what counseling is to adults. Play therapy utilizes play, children's natural medium of expression, to help them express their feelings more easily through toys instead of words.

#### What will this cost me?

We will bill your insurance. Your normal co-pay would be required. If you do not have insurance, the session will cost \$20.00.

For more information on FAQs, visit  
[www.ccdok.org/bridges/](http://www.ccdok.org/bridges/)

2023

Sponsorship  
Opportunities



# 2ND ANNUAL ST. NICHOLAS *Fundraiser*

We have started planning for  
this year's Fundraising Event!  
December 6, 2023

Please consider being a  
sponsor - it's a great way to  
give back and gain exposure  
for your business. It helps  
Catholic Charities to raise  
more funds for our services  
and show community  
support of our agency!

DECEMBER 6, 2023

FIELDSTONE GRILL PORTAGE, MI



*Benefitting the clients  
of Catholic Charities*

See the Sponsorship Levels  
and Benefits on our website  
at  
[www.ccdok.org/stnicholas/](http://www.ccdok.org/stnicholas/)

## State Representative Julie M. Rogers visits the Ark Shelter



In a comment on her FaceBook page, Rep. Rogers stated, "Yesterday I enjoyed a wonderful tour at the Ark Services Shelter, a crisis housing and program for homeless youth, who are assigned a case manager who works to address their needs/concerns. Additionally, mental health counseling is provided on site! Thank you for your work to combat homelessness in our community."

CCDOK Executive Director, Toni Newell, met with Representative Christine Morse in Lansing to discuss further the need for funding for homeless and runaway youth. She had this to say,

*"We greatly appreciate Representative Rogers and Representative Morse taking the time to learn more about the Ark Shelter and the transformative opportunities we provide to the youth who are in need of our services."* Pictured Left to Right: Ivona Swan, Justin Gardner, Nicole Cody, Jessica Hargis, Rep. Rogers, Toni Newell, Christina Nickels



## The Catholic Community Center is expanding FREE services!

Food distribution is expanding to include a first come first served pre-boxed distribution every other Tuesday between the hours of 3pm and 4pm! Thursday distribution will NOT be affected, remaining 9-11am using the 211-registration system.

Outreach Case Management will be available on Tuesdays from 11am to 2:30pm. Case managers can assist families with youth 10-21 in locating and coordinating resources for food, employment, clothing, shelter, etc.



**Interested?**  
**Call 269-926-6464 and talk to Jamie or Pam**



## Bread of Life Receives to Give Back!

The National Association of Letter Carriers' (NALC) Stamp Out Hunger Food drive occurs nationally the second Saturday in May. Letter carriers collect non-perishable food donations left by mailboxes and deliver them to local community food banks, pantries, and shelters.

Catholic Charities' Bread of Life food program was the recipient of 3,300 lbs of food, filling the Bread of Life van with needed donations.

Sue Walsh, Bread of Life program supervisor says, *"The food drive was a great success this year—the Bread of Life program received twice as much food this year compared to last year. Thank you to the generous donors in the Battle Creek area!"*

**If you're interested in organizing a food drive, contact [jeannineboehm@ccdok.org](mailto:jeannineboehm@ccdok.org) or donate online at [www.ccdok.org/donate-today/](http://www.ccdok.org/donate-today/)**

**Your contribution of \$20 dollars can help feed three families in need.**



*Pictured: Dedicated BOL volunteers sorting the food-drive donations (above).*

*Sue Walsh and Mike Walsh, Bread of Life program and a van full of needed food items to distribute to families in need (below).*

