



THERESA LIVING CENTER

News

THERESALIVINGCENTER.ORG

SUMMER 2023

Our Mission: We help women and single-parent families move from homelessness to self-sufficiency.

Celebrating Small Victories | 2023 TLC Breakfast

Thank you to everyone who came out to support our annual fundraising breakfast back in May! It was a wonderful morning spent with friends and longtime supporters of Theresa Living Center. We heard from program participants as well as our Keynote speaker, Karla Benson-Rutten, Executive Director of Jeremiah Program's St. Paul Campus.

This year we raised **\$48,500** without the help of a matching grant. Thanks to you, more women and single-parent families will be supported in the coming year. We are so appreciative of you and your support.

We are already looking forward to next year's breakfast!



Women Who Have Transitioned Towards Self-Sufficiency

We are thrilled to share a heartwarming success story of self-sufficiency and community support.

Over the past 12 months, 11 residents who've resided at TLC have taken a transformative step forward in their lives by transitioning into their own apartments and maintaining self-sufficiency. The successful transition of these 11 individuals into their own apartments is a testament to the power of community-driven initiatives. It showcases the effectiveness of collaborative efforts between the residents, staff,

volunteers, and the wider community that rallied around to offer their unwavering support.

The residents' newfound independence marks not only their personal achievements but also represents a positive impact on society as a whole. By providing these individuals with the necessary tools and support, we have collectively broken-down barriers and strengthened the fabric of our community. This accomplishment is a celebration of resilience, determination, and the spirit of compassion that runs deep within



our city. As we recognize these 11 individuals for their inspiring achievements, we also extend our gratitude to all the individuals, organizations, and businesses that have contributed to this success.

PROGRAM UPDATE: Empowerment Express

We are pleased to introduce a transformative new program, designed exclusively for our cherished residents — **Empowerment Express**. At Theresa Living Center, we have always been committed to providing a supportive and nurturing environment for our program participants, and Empowerment Express is another step in our dedication to their personal growth and success.

The mission of Empowerment Express is to provide single women facing homelessness with the tools, knowledge, and support they need to regain control of their lives and achieve sustainable independence. Through our comprehensive and empowering educational programs, we aim to uplift and inspire these women to overcome their current challenges, rebuild their self-esteem, and pave a path towards a brighter future.

We believe that every woman deserves the opportunity to thrive, regardless of her current circumstances. Our classes are designed to equip participants with essential life skills, such as financial literacy, career development, and personal growth, fostering self-sufficiency and resilience. We aim to empower these women to break the cycle of homelessness and cultivate a sense of agency and confidence in their ability to navigate life's challenges.

In addition to providing practical knowledge, our classes also serve as a supportive community where women can connect with one another, share their experiences, and build meaningful relationships. We recognize the power of peer support and believe that by fostering a sense of belonging and connection, we can further enhance the personal and professional development of our participants.

Through collaboration with local resources, we strive to provide access to housing options, healthcare services, and additional support networks to address the specific needs of each individual. We are committed to working hand-in-hand with our participants, tailoring our programs to their unique circumstances and providing ongoing mentorship and guidance as they embark on their journey towards stability and self-sufficiency.

At Empowerment Express, we envision a future where every single woman facing homelessness can reclaim her independence, overcome adversity, and thrive in all aspects of her life. Our mission is to be a catalyst for positive change, empowering these women to rewrite their stories, unlock their potential, and create a brighter, more secure future for themselves and their families.



SAVE THE DATE: TLC Picnic

You're invited to our Annual TLC Picnic on **Thursday, August 24**, from 5-7 p.m. at Phalen Park Pavilion.

Please RSVP online at bit.ly/picnic-tlc
We hope to see you there!



TLC News is published by Theresa Living Center
917 Jessamine Ave. E., St. Paul, MN 55106
651.774.5594 | TheresaLivingCenter.org

Donate at <https://theresalivingcenter.kindful.com>.
Theresa Living Center is a verified 501(c)(3)
organization. All contributions are tax deductible.