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## A Walk in Their Shoes



We are so excited for our Walk in Their Shoes benefit dinner happening **Friday, March 4, 2022** with an awareness hour at 6pm and dinner at 7pm.

This is a powerful night to hear about the history of YouthHope,

why we exist, and our plan for the future.

You will hear from our youth and how YouthHope has been instrumental in their lives, see alarming statistics about youth homelessness in Redlands, and ways that you can help stop this epidemic.

There will be opportunities to support YouthHope through a silent auction, opportunity baskets, and through donation cards.

The dinner will take place at **The University of Redlands, Orton Center** located at **1249 E. Colton Ave. Redlands, CA 92374.** Please RSVP by February 17, 2022.

To RSVP, visit [www.youthhope.org](http://www.youthhope.org).

Or Email [fundraiser@youthhope.org](mailto:fundraiser@youthhope.org).

We will be adhering to the CDC Covid guidelines on the day of the event.

## Walk in Their Shoes Sponsors

**One of the big parts of our Walk in Their Shoes is our silent auction and opportunity drawings. We are looking for businesses and individuals that would like to give donations to our silent auction and/or opportunity or donate to be one of our event sponsors.**

**Without these sponsors and donations, we wouldn't be able to put on our events to raise money for our youth.**

**If you have any questions or would like to be a sponsor, please email [fundraiser@youthhope.org](mailto:fundraiser@youthhope.org).**

**Thank you so much for supporting our youth!**

## A Little Help Goes a Long Way

My parents have never been able to really take care of me. They had me when they were older and they just didn't have the health or energy to take care of me. I'm an only child and for as long as I can remember, I've taken care of them.

I make them meals, clean the house, do the errands, pick up their meds, everything. I've been driving since I was 13 because my parents were unable to do so.

My mom passed away a few years ago. That's when I really started to feel my mental health break. I've felt so much pressure all these years and seeing my mom die just made me crack.

I started having suicidal thoughts daily. Any time I experienced failure or sadness or frustration, I thought suicide.

I would openly talk about it hoping that someone would help me.

I started going to YouthHope and immediately opened up to Heidi. She took my concerns seriously and got me into counseling the next week. There was no judgment and no questions. She just helped right away.

I've been going for about 6 months now and I can see huge progress in my mental health.

I am being taught how to re-direct my thoughts, and how to deal with frustration and sadness in a healthier way.

I would of never known how to find a counselor or would have been able to afford one if it weren't for YouthHope.

I am so thankful. I'm not sure I would be here today if it weren't for YouthHope and the immediate help that they gave me.

### Did You Know?

47% of our youth suffer from Mental Illness. We work with Doctors, Therapists, and Counselors to make sure our youth get the help they need to be successful in life.

## A Note From the Founder



Our benefit dinner, A Walk in Their Shoes, is coming up next month. I am so excited to see everyone at the dinner. It is going to be a powerful night where we will hear stories about the homeless and at-risk youth in our communities. We will learn alarming statistics about the rates of homelessness in our community, and we will also learn about ways to be a part of the solution. How you can partner with YouthHope in ending youth homelessness

and tangible ways to help a youth today. I hope you will join us.

We are starting the year off strong with our youth. We have many youth who are driven to better their circumstances. They want jobs and good grades. We are there with them helping them every step of way.

We are looking for more volunteers who would be interested in coming and helping at our Drop in Center on a weekly basis.

We need committed volunteers that our youth can rely on. If this is something that you would be interested in, please email [info@youthhope.org](mailto:info@youthhope.org) and we will set up a time to meet and discuss how volunteering would work for you.

Thank you so much for continuing to support YouthHope as we help the youth of the Inland Empire.