



Alice is getting her life in order

Alice and her family were having "serious financial issues."

With her being on medical leave from work, there was only one parent in the home working. And that meant they were struggling to make ends meet.

Working with Women Aware, Alice created an Action Plan that included activities, a description of services to apply for, contacts and locations, and completion dates for each step. Along with this, Alice was able to receive coordinated referrals to community resources.

Discussing areas she needed help with - including medical bills, insurance issues, utilities, and employment - this taught Alice self-advocacy skills, fostered a sense of direction and success, and provided her with emotional and economic stability.

**This photo has been changed to protect the identity of the client.*



Finding childcare during COVID-19

As a mother of four and a healthcare worker on the frontlines of the COVID-19 pandemic, the past couple of years for Amanda's family has been trying.

She says not having daycare for her school aged children is one of their biggest worries as a family.

She says Stella Sanford Child Care operated through Crittenton Center has graciously taken her school aged children during this time.

"It gives me peace of mind that I have a reliable and safe place for my children to go everyday while still learning and interacting with kids. It's one thing that is certain and consistent in our life and I'm so thankful for that."



**This photo has been changed to protect the client's identity.*



Michael has found his sanctuary

For the last several years, Michael has been a member of the Boys & Girls Clubs of Siouxland.

When he first came, he didn't want to talk with anyone and it was difficult for him to participate in programs and activities. He was also angry and easily frustrated.

But as his Club attendance grew, he began to trust the Boys & Girls Clubs of Siouxland is a safe place, both physically and emotionally. He found friends and caring adults to talk through his difficult life experiences.

He has taken advantage of the skills Boys & Girls Clubs of Siouxland teach to control his reactions to emotions and positively handle conflict.

He has opened himself up to all of the experiences the Club can offer, from learning life skills to having fun and meeting new friends.

The Club has become a 'place of Sanctuary' for Michael, and has transformed him from a shy and reserved kid to a confident young man.



BOYS & GIRLS CLUBS
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Ruth is on the right path to success

For more than a year, Ruth* was homeless, struggling to maintain her mental health, and using drugs and alcohol to cope with past traumas.

Ruth* entered Bridges West Transitional Housing Program at Center For Siouxland.

With help from case managers, she was able to establish goals that not only helped manage and maintain her physical and mental health, but her addictions as well.

While working with Ruth*, staff at Center For Siouxland discovered along with her health issues, she had barriers associated with transportation, budgeting and meeting day-to-day expectations.

When she left Bridges West after 22 months, she left debt-free with her own apartment and a new job that gave back to the community.

**The photo and name of the client has been changed to protect the person's identity.*



CENTER FOR SIOUXLAND
Helping People • Empowering Lives • Building Futures



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Samantha has found the right program for her family

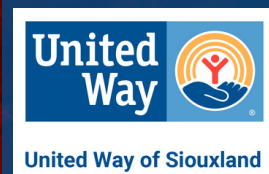
As a single mother of two and working full-time, Samantha strives to provide her children with safe, quality, and caring childcare. But with the high cost of childcare, she has struggled financially.

Two years ago Samantha and her daughter Emma were introduced to the Girls Inc. Summer Program. During that short time, much has changed for Samantha, and for Emma's development.

Samantha says Girls Inc. provides affordable options for families, flexible hours, a safe and fun environment, and so much more.

Samantha says every day that Emma goes to the program, she can't stop talking about the fun activities they do and how involved her teachers are.

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Molly is focused on her mental health

Molly started a new job to help support her family. That can be stressful enough, but her job was as a front line worker during the pandemic.

Concerned for her safety and bringing Covid to her at-risk family, her stress level immediately escalated.

Without access to her employer's insurance plan, she used Catholic Charities of Iowa's sliding-fee scale for mental health counseling.

In the past, she tried to see a therapist for her anxiety. But the cost over time proved to be too much.

After seeing a psychiatrist through Catholic Charities, she was prescribed medication and, along with therapy sessions, reduced her anxiety and improved her focus and concentration at work.

Without this help her job, and her family's future, would be in jeopardy.

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Kira has found her future

A senior in college, Kira first joined Girl Scouts when she was in the first grade.

When she started, she joined an all-girl First Lego League (FLL) team, building robots out of Legos and electronics.

Kira and her team built and tested robots for months, competing in local and state competitions, including at Iowa State University (ISU). A big part of competition was problem solving and presentations.

At Girl Scouts, she was taught how to present her ideas, answer questions and work as a team. She said practicing her presentation skills was the most beneficial experience she had as a Girl Scout.

Kira credits Girl Scouts and FLL completely with her decision to attend ISU and major in Graphic Design.

girl scouts
of greater iowa

United Way
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Gabby is providing for her family

Gabby and her partner began the Teen Parenting program at Lutheran Services in Iowa (LSI) when she was a sophomore in high school and pregnant with her son.

Three years later, Gabby is a senior. She and her partner are ready to graduate in May.

After graduation she wants to get a job and potentially pursue college.

Gabby has used tax return money to buy a car so she and her young family can get to appointments and work.

"Without the Teen Parenting program, I wouldn't have had all of the resources and information on how to properly care for a newborn or where to go for assistance. LSI has made a great impact on my life."



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Sarah is taking her life back

Sarah came to SafePlace with her disabled son under extreme emotional distress. She just left her husband after years of emotional, physical, mental, and financial abuse.

There were many barriers she was facing, and she had no idea where to start. SafePlace helped her get a protective order in place, file for divorce, disability benefits for her son, apply for food stamps, and Medicaid.

SafePlace also helped Sarah apply for housing options through different landlords.

During her time at the shelter, Sarah attended morning group and met with advocates to process her journey.

She said she left SafePlace more in charge of her life than ever before.



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Opening up to new possibilities

Children from all different backgrounds come together at the Sanford Center. And that means children with different personalities.

During the summer program, staff noticed one very shy boy who didn't talk very much or play with the other children.

At the Sanford Center, staff strive to teach respect, passion, commitment, and the importance of relationships and community.

Staff said as the summer went along, the young man began to break out of his shell. He became more active, and started forming some important friendships.



Sanford Center
Building Community

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David has found a new purpose

David's wife of almost 70 years was suffering from dementia. After being hospitalized, she was taken to a care center.

David's son knew his father was a social person, and needed to connect with others. So he gave him a perfect Christmas gift: a membership to the Siouxland Center for Active Generations.

At first David was reluctant to go. But he eventually relented, saying he didn't want to waste the meal card. That first meal David met a man who coached little league with him when their children were young.

A year later David's wife passed away. Her death left a huge void in his life. But he says being at Siouxland Center for Active Generations and the friends he has met has begun to help fill the void and give him new purpose in life.

Siouxland Center
for Active Generations

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Lindsay is making a better life for her kids

Lindsay worked to support her 2-year-old and 6-year-old daughters.

But like many people, she found herself struggling to make ends meet, especially at the end of the month when rent was due.

Sometimes to make sure there was enough food on the table for her children and enough money to pay the rent, Lindsay would skip meals.

Faced with possible eviction, she came to Siouxland Family Center.

"I never dreamt that just going to get food could change my life forever. I was given not only food, but the guidance and hope that helped me to make a better life for my children."



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