

2023 Summer Newsletter from Casa de Amparo

Come Home to Casa

Our Campus



Dear Casa de Amparo Supporter,

Your support is changing lives and healing young people. In the past several months we have refreshed the interiors of our residential cottages, built a high-quality fitness center and started a fitness program for our youth living in Residential Services. We also cheered several high school seniors at their graduations and provided fun and wholesome activities for all to enjoy.

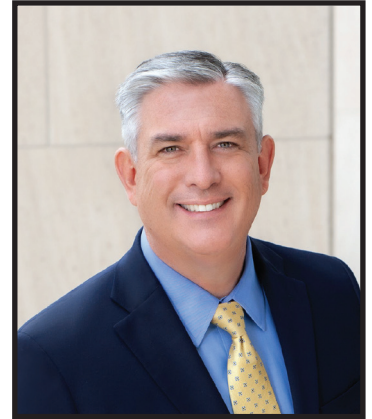
We were able to replace all the common area and bedroom furniture in our cottages. The old furniture had served us well, but the new beds, couches, tables, and chairs were a welcome replacement. There are some pictures in this newsletter, and you can see that combined with fresh paint and cabinet finishes we now have a much brighter space for the girls to live and learn. The therapeutic setting does impact healing, and our investment is really paying off!

Recognizing that physical fitness and health is part of overall wellness, we accepted donated machines from EOS Fitness and installed them in one of our activity rooms. The room is often used for group sessions to promote health. Our "Work Day" program incentivizes the girls to regularly increase their personal best in four essential exercises. Participation and enthusiasm have been off the charts. On a more serious note, Casa De Amparo has long been the only provider of its kind in San Diego County to accept pregnant and parenting youth with no preconditions. As of this writing we have a total of six pregnant women between our two programs and we have two children living with their mothers. We are also helping a father-to-be learn how to be a real Dad to his children. This is our commitment to stop generational cycles of abuse and heal the effects of childhood trauma. Your generous contributions make it happen!

With gratitude,

Michael R. Barnett

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Chief Executive Officer



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Cottage Makeover!

Since the construction of our Casa Kids Campus in 2012, our residential cottages have been a home to over a thousand youth. While here, they sleep, share meals, study, participate in therapy, and play. Our cottages are a place of healing, rest, and safety, which is so important to our youth as they recover from their past abusive and neglectful experiences.

After a decade of use, Casa de Amparo is proud to upgrade all cottage furnishings with funding from a Carlsbad Community Block Development Grant. In partnership with Bassett Furniture, all items have been custom designed and engineered to behavioral health grade items tailored to the special needs of our youth with safety, comfort, durability, and a visually appealing design in mind. Finished in gray and navy blue colors, the furniture matches the cottages' newly painted interiors of calming white walls and modern gray cabinetry. Additionally, with funding from a local organization, FOCUS, youth will have a chance to personalize their space by choosing bedding from a variety of options in beautiful patterns and matching colors and will be theirs to keep forever.



FOCUS

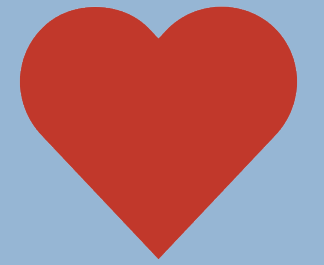
FRIENDS OF CHILDREN UNITED SOCIETY

EOS Gym on Campus

Richard Drengberg, CEO of EOS gyms, and his wife Steffany, Ladies Auxiliary member, generously donated and thoughtfully designed a safe, new gym space modeled after EOS gyms. Speckled blue rubber floors, blue walls, and exercise machines were installed along with easy-to-understand instructions to increase accessibility for our youth. The gym's therapeutic value led to a jump start in a new exercise program for our youth developed by our program therapist, Alec (a former collegiate athlete). Through strength training and tracking of individual progress and improvements, are youth are seeing a huge boost in their self-esteem they are having so much fun while doing it! We are so proud to partner with generous donors that give our youth that deserve so much; especially opportunities to heal and thrive.

Self-Defense Training for Our Clients

Al Owens, from Owens Training and Consulting, provided small group trainings to both Residential Services and New Directions clients to help them feel safe and knowledgeable when out in the community. Al is a retired Escondido Police Lieutenant and USMC Veteran with more than 20 years of experience in planning, managing and self-defense training. Our youth learned firsthand tactics such as mental preparedness, situational awareness, and simple self-defense techniques during an on-site training this Spring. They even got the chance to test out their strength on a life size dummy!



Casa Family Tree

OUR MONTHLY DONORS

You are the reason we continue to grow and be better for our youth. Just like every leaf on a tree is essential to its health, every dollar you give is essential to allowing Casa to treat and prevent child abuse each and every day.

JOIN OUR FAMILY TREE BY BECOMING A MONTHLY DONOR!

Go to www.casadeamparo.org/donate or email Bella at Bella@casadeamparo.org to learn more.



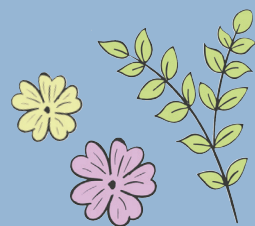
Healing Takes Community

SIGNATURE PARTNERS

Building a strong and safe community for our youth is at the heart of our mission. As a Signature Partner, your entire company can get involved through volunteering, event sponsorship, and in-kind drives.

BECOME A SIGNATURE PARTNER TO GET INVOLVED!

Go to www.casadeamparo.org/signaturepartner or email Kathy at kkarpe@casadeamparo.org to learn more.



Summer Supplies Drive

Casa de Amparo is gearing up to host our annual Supplies Drive for the youth living in Residential Services and New Directions and we need your help! Below is a list of items our program needs to make this happen. Items can be sent to our office address or delivered between 9-5, M-F. For more information contact Yesenia Rosas at yrosas@casasdeamparo.org or visit our Amazon Wish List by scanning the code below!

Needed Items

- **Bath towels**
- **Bedrooms rugs in navy blue or gray**
- **Deodorant**
- **Hairbrushes & Hair Ties**
- **Head & Shoulders Conditioner**
- **LED Lights**
- **Makeup**
- **Pillows**

