



Natalie,

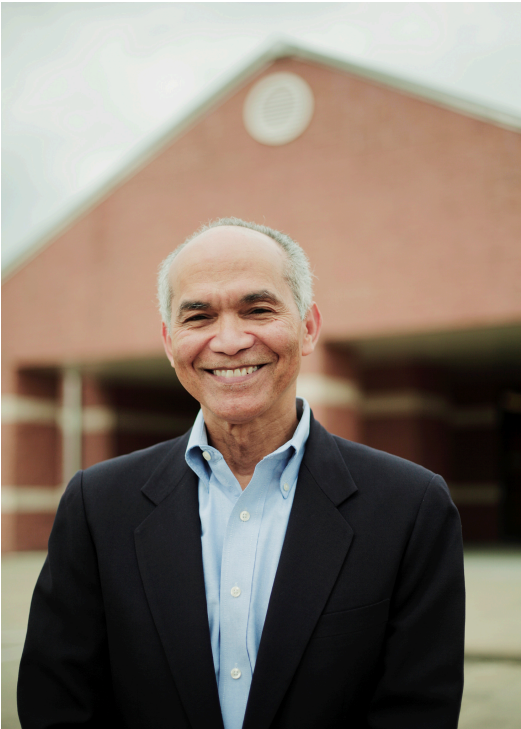
As we pull up on July 4th, I am reminded of the flags we have in our lobby. They have been there so long that I haven't really stopped to marvel over their significance in quite some time. One, in particular, was flown over the U.S. Capitol on the one-year anniversary of 9-11, in honor of those who lost their lives. ...Wow, and it is here, framed, on our walls! The impact of such a flag is walked by every single day!

The reality is that the impact of all that happens at O.C.W.H. is walked by every single day. Yet it is there. Some of the impact is easier to see, like new window art, FPR kids camps, or fresh vegetables on the counter, but so much more happens behind classroom doors. One of our dearest A.A. guests is reaching her 40th year sober this month!

Thank you to all those who pour their hearts and energy into helping others here, even when no one sees it, and thank you to the soldiers that lay down their lives for all of us so that we too can do our part. ...July 4th celebrates all of that.

Enjoy those fireworks, my friends!

Forge Quiñones
Executive Director



June Highlights

Thanks to everyone who came out to the opening reception for “Center of Mind”. The exhibit will be up for the next three months, so be sure to stop in and check things out. ...People come to the Outreach Center of West Houston for a myriad of reasons, and a lot of it has to do with finding hope and healing.



In honor of the class of 2025, artist Michelle Bogaard helped us decorate our windows! The finished product is lovely! Congrats to all the grads, and shout out to Antonio C., Christian W., Ash R., Jorge B., and Lauren R. at PDAP, and Eva E., Paris S., Chassity M., Aysha S., Ava L., Nikolas R., Timothy M., Mauricio P., Catherine B., and Alex C. which are all FPR Scholarship Recipients!

As we have been going through the steps to waterproof our building, we have to thank the guys that came out to fix a sagging arch in the back of the building!



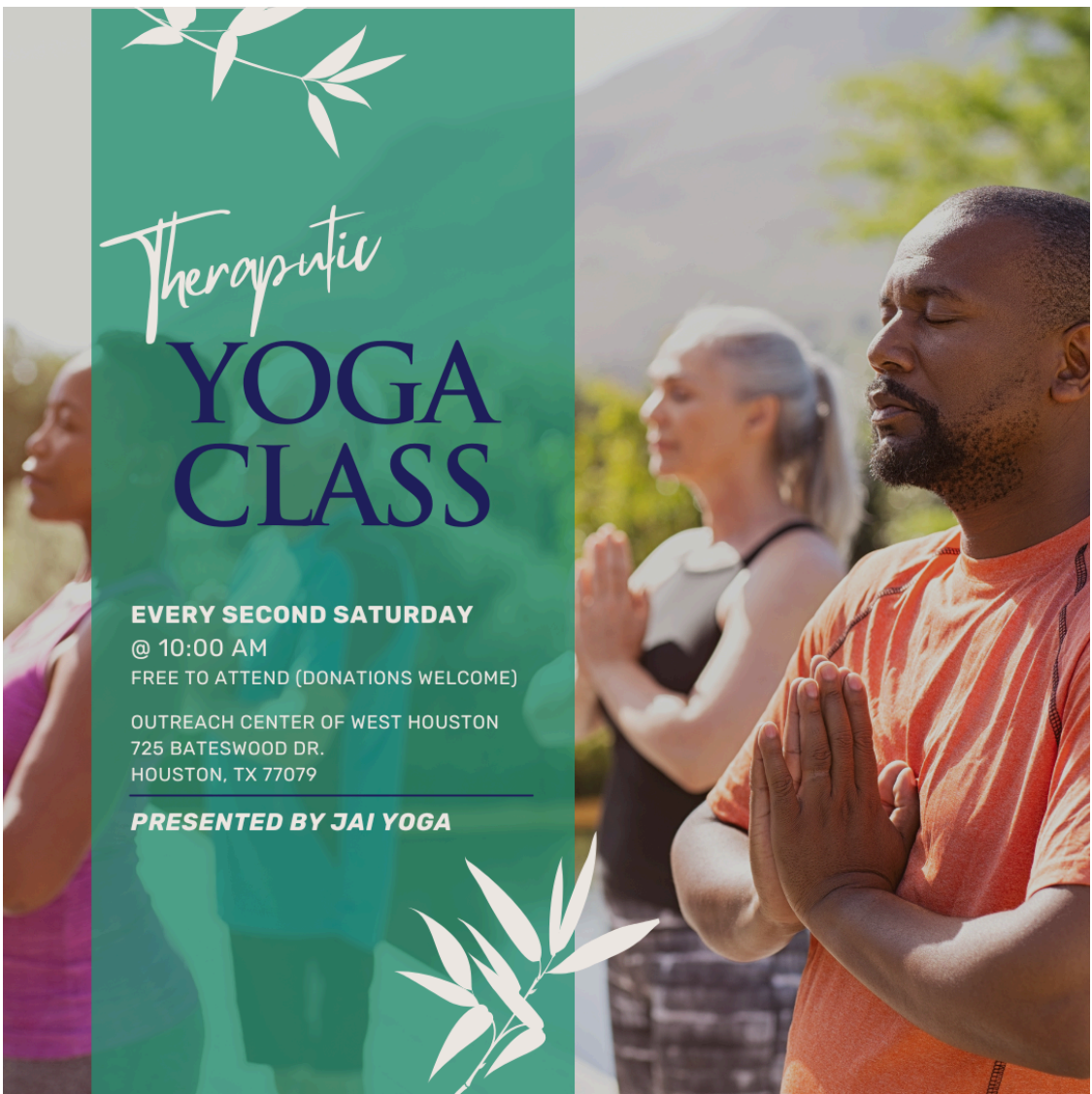
Part of waterproofing the building means we have to use elastomeric paint to seal the brick, because brick is actually porous. The building is getting its facelift! Here is a photo of the contrast.

Our furniture bank partnership is still in full swing in the background. Thank you for supporting the great work there. (If you want to support this project directly, add a note to your donation when you send it in.)



Upcoming Events

Saturday, July 12th: "New Year, Better You" Free Yoga Class



Attendees MUST [fill this out](#) before attending. You will be asked to sign a waiver upon arrival. *The class is free, but donations are welcome. For more information, email nmartch@me.com.

[Register](#)

Recognizing Our Partners

PDAP celebrated the annual Teen and Parent Awards!



FPR Summer Camps turn up the fun while keeping young minds active and engaged! From reading and math enrichment to sports, track, and basketball practice, kids stay sharp and energized! Creative camps in magic, cooking, sewing, and coding spark imagination and hands-on learning, while SAT prep programs help older students stay ahead.



FPR Soccer registration is OPEN

LINK to enroll:



St. Thomas Presbyterian Church invites all to the newly
RESCHEDULED

**Finding Your Way Through Grief and Loss:
A Three Session Workshop**



In this workshop we will explore the stages of grief and loss, the impact of grief on our physical, mental and emotional wellbeing and our individual patterns when dealing with grief. Finally, we will discuss our unique journey through healing, remembering and honoring.

The workshop is designed for people in all stages of grief. We hope you will be able to share your experiences or learn from the wisdom and connection with others in the workshop.

Sarah Pollack, PhD is a retired Marriage and Family Therapist who has worked with children, families and individuals grappling with loss and grief. She was in private practice at Houston Family Institute for over thirty years.

The three sessions will be on July 12 from 1:30 to 3 and on July 19 and Aug 2 from 10 to 11:30 in Room 7 at St. Thomas Presbyterian Church, [14100 Memorial Drive, Houston 77079](#). Note that there will NOT be a meeting on July 26th.

This workshop is open to all who are interested. Register at griefworkshop2025@gmail.com. Please include your name and phone number and any other information you feel might be helpful.

Ongoing

- Nabor House Community Childcare
- Women Connection Domestic Violence Support Group
- Workforce Solutions Job Search
- Nation's Best CPR



Need help? Search free and reduced cost services like medical, food, housing and more in your area.

[Click here to find help.](#)

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