



Natalie,

Just like that, summer break has come to a close. We are now gearing up for our big fall events.

Please mark your calendar for our annual outreach event: ArtReach Market, on October 4th. Food trucks, art, artisans, kid activities and more will be on site. All middle and high school students that enter the art competition will have a chance at getting a \$100 gift card! (Email natalie@oc-wh.org to enter your student art. All others register online.)

Also, on October 27th, we will be celebrating the 20th anniversary of our annual "We're Here for You" Golf Tournament. This celebration is not just about 20 years of golfing. It is about the many people that have come together to raise funds to help keep the lights on and the doors open for hope, healing, and more to take place at our center. We are honored to have made it this far. Thank you golfers of old and new! Individual and team registrations are still available, and sponsorship opportunities abound. Please join us this year.

Learn more about our upcoming events [here](#). We'll see you soon for all of the fun!



George Quiñones
Executive Director



August Highlights

We had the pleasure of connecting with the team at West Houston Assistance Ministries (WHAM), with a full tour and run-down of their programs. When people hear "Outreach Center", they come to us for anything. Knowing and trusting where to send people is a part of our mission to connect people to the resources they need.



Healing Spring Ranch, in partnership with Sunflower Bank and Outreach Center of West Houston, presented a packed Emotional Intelligence, continuing education workshop to a room full of real estate agents. These agents learned how to navigate emotional buyers. For more mental health community workshops with Healing Springs Ranch, stay tuned.

We had a great time with our Gulf Coast Regional Blood Bank friends as we hosted a blood drive at the end of the month.

NEWS FLASH: They have initiated the "No Donor Left Behind" campaign. Even if your iron is low, you can still donate to further cancer and disease research!



Upcoming Events

Saturday, September 13th: "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](#)

Tuesday, September 16th: Sizzle & Support OCWH Spirit Day @ Beck's Prime



BENEFITING:



Outreach Center
West Houston

JOIN US ALL DAY TUES., SEPT. 16TH @ 1202 DAIRY ASHFORD, FOR

SIZZLE & SUPPORT

Day

doorprizes
by:



Sunflower Bank
MORTGAGE LENDING

Saturday, October 4: ArtReach Market

Call for Artists, Artisans, Vendors, Sponsors, Student Artwork and More! Winners of the Middle and H.S. art competitions get a \$100 gift card!

ARTREACH

ART | MUSIC | FUN

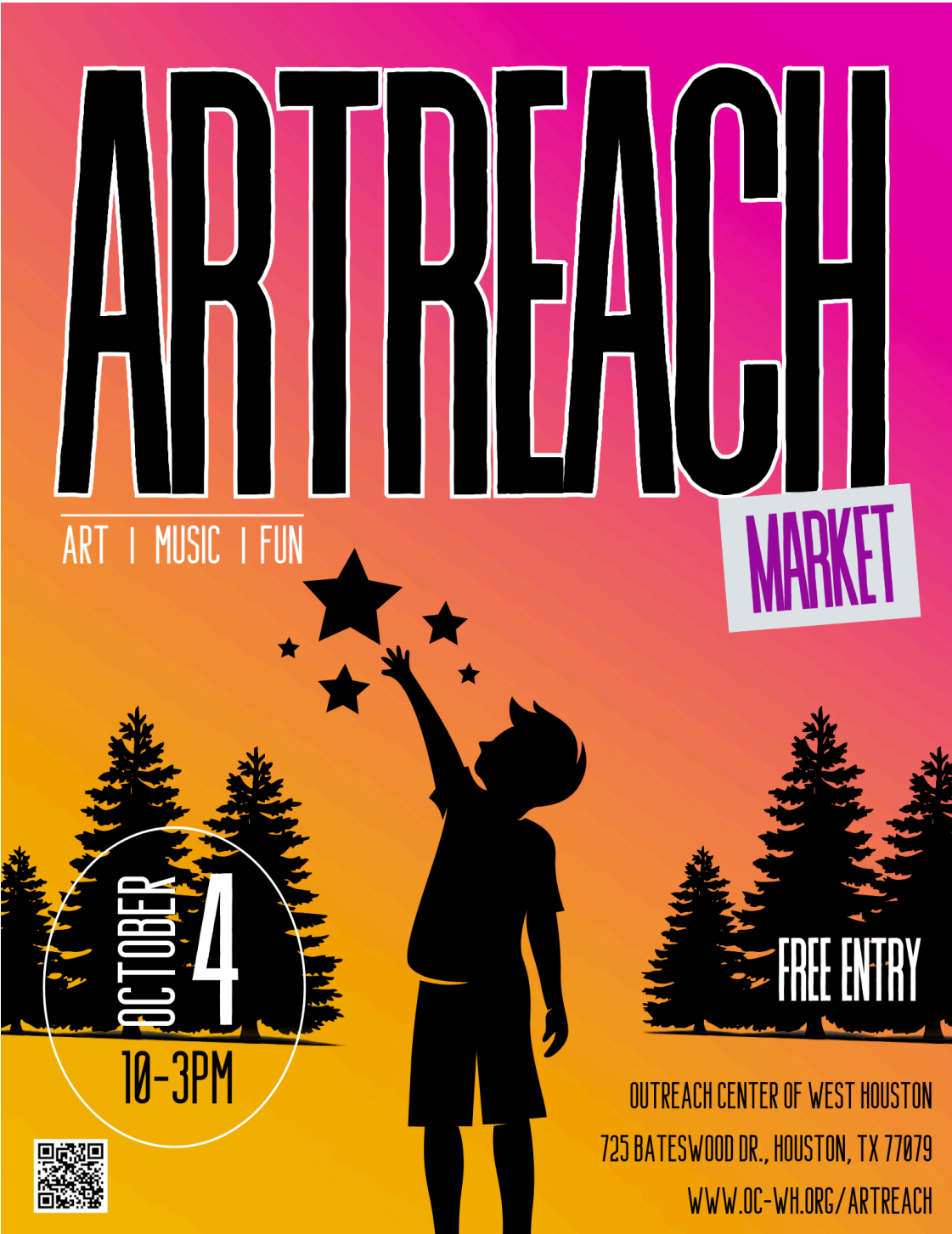
MARKET

OCTOBER 4
10-3PM

FREE ENTRY

OUTREACH CENTER OF WEST HOUSTON
725 BATESWOOD DR., HOUSTON, TX 77079
WWW.OC-WH.ORG/ARTREACH





[Learn More](#)

Monday, October 27: 20th Annual "We're Here for You"
Golf Tournament

Sign Up Now!

20TH ANNUAL
"We're Here for You"
GOLF
TOURNAMENT

@Riverbend Country Club
1214 Dulles Ave.
Sugar Land, TX 77478

10/27/2025

BENEFITING:
Outreach Center
West Houston

UNDERWRITTEN BY:
Stellar Opportunity
Fund, L.P.





WWW.OC-WH.ORG

Recognizing Our Partners

Students are back in school, which means **FPR after-school programs are up and running**. From homework help to tetherball, the smiles around the building are priceless.



September 10: **FPR Annual Luncheon**

The luncheon is sold out, but you can still support their fundraising efforts by clicking [here](#) to donate.



September 13: **Morning MarqE**

Meet local cops, council, and county!

DISTRICTS A & G PRESENT

Morning @ Marq-E

SATURDAY SEPTEMBER 13 10:00AM-12:00PM

MEET YOUR LOCAL COPS, COUNCIL, AND COUNTY FOR COFFEE!

IN THE PARKING LOT BETWEEN COMMON BOND AND LA FITNESS



Thank you to our sponsors:



September 13: St. Thomas Presbyterian Church Invites You to Everything You Need to Know About Medicare

AND

October 11: Finding Our Way Through Grief and Loss During the Holidays

St. Thomas Presbyterian Church is pleased to host a presentation for the community followed by a Q and A session, regarding Medicare.

45 Minute Presentation - Everything You Need to Know About Medicare (presented by SMRT Planning)

- We explain how Medicare works and what to expect with each of the plan options.
- We will discuss the element of:
 - ✓ Medicare Parts A and B
 - ✓ Medicare Advantage plans
 - ✓ Prescription Drug Plans
 - ✓ Medicare Supplements
- Learn how to verify if your doctor accepts the plan.
- Learn how to calculate your prescription costs for the year.

St. Thomas Presbyterian Church
14100 Memorial Drive
Houston, TX 77079

Saturday, September 13th
10:00 AM

To sign up:

Visit us at www.MedicareInANutshell.com or call 713-955-7522.



This workshop will provide a place for us to evaluate together what changes will help us be comfortable during holidays and anniversaries in the midst of grief. Holidays and anniversaries are filled with rituals, expectations, memories and stress, all of which are difficult to deal with when grieving. Now is the time to identify what will be meaningful to you, what new patterns you want to create, and how to share possible changes with friends and family.

Sharing with others in the workshop allows us the comfort of being with people dealing with similar issues and helps us feel less alone with our grief. Our grief is both individually unique and similar with others. We gain strength by being with others on our grief journey.

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.

We will meet on October 11 from 10 AM - noon in Room 7 at St. Thomas Presbyterian Church, [14100 Memorial Drive, Houston 77079](#). The workshop is free and open to all who are interested. Register at griefworkshop2025@gmail.com. Please include your name, phone number, and how you heard about the grief workshop.

September 20: Two Lives Changed Baby Shower



PLEASE JOIN US FOR A COMMUNITY BABY SHOWER
HOSTED BY TWO LIVES CHANGED

HEMPHILL	SEPT 13 TH	3:00-5:00PM
WEST HOUSTON	SEPT 20 TH	3:00-5:00PM
ROSENBERG	SEPT 22 ND	6:30-8:30PM
BROOKSHIRE	SEPT 23 RD	6:30-8:30PM
SAN ANTONIO	SEPT 25 TH	6:30-8:30PM
CYPRESS	OCT 4 TH	3:00-5:00PM



October 9: PDAP Champions for Recovery Breakfast

SAVE THE DATE

Dare to Dream

AT THE 8TH ANNUAL

Champions for Recovery Breakfast

JUNIOR LEAGUE OF HOUSTON
THURSDAY, OCT. 9, 8:00 AM

PALMER
DRUG ABUSE PROGRAM

Ongoing

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

Mexican Institute Offers English & Spanish Computer Courses



MIGH
2950 S. Gessner Rd. Suite #108 y 119
Houston, TX 77063
Tel. (713)988-6699 - mexicaninstitute.org

CALENDAR
COMPUTER COURSES
August - 2025



Prosper with Technology

SCHEDULE FOR GROUP COURSES

NOTICE To register for a Virtual or Second Level (II) course, you shall have basic computer knowledge.

COURSE	DAY	TIME	Starting Day	Information and Registration
BASIC COMPUTER TECHNOLOGY COURSE (For those who don't know anything or only very little)	Saturday	9:00 a.m. 3:00 p.m.	Aug. 02, 2025	Registration, Tuition, and Student Manual \$600.00
PRACTICAL COMPUTER TECHNOLOGY FOR ADULTS (VIRTUAL)	Sunday	3:00 p.m. 6:00 pm	Aug. 10, 2025	Registration and Tuition \$350.00
CREATIVE POWER POINT (II) (In the Classroom)	Saturday	3:00 p.m. 8:00 p.m.	Aug. 16, 2025	Registration, Tuition, and Student Manual \$500.00

Schedule for INDIVIDUAL Courses

COURSE	DAY	AVAILABILITY	Starting Day	Information and Registration
BASIC COMPUTER TECHNOLOGY COURSE (For those who don't know anything or only very little)	Tuesday, Wednesday and Thursday.	Mornings 9:30 a.m. 12:30 p.m. or	According to each Student (Call to set up the starting day)	Registration, Tuition and Student Manual \$1,500.00
SECOND LEVEL COURSES (II) (Basic knowledge to work with computers is needed.)		Afternoons 5:00 p.m. 8:00 p.m.	According to each Student (Call to set up the starting day)	Registration, Tuition and Student Manual \$1,000.00

Proceed to Register TODAY! Limited Capacity!

Look for
US



Call or visit our office. Monday to Friday 9:30 a.m. to 3:00 p.m.
Time is NOT GOLD... It is LIFE. Use it Wisely and Make More Money.

Earn your Certificate of Completion.



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

Click here to find help.

As Always, Many Thanks to Our
Champions!

Our donors and sponsors are our champions. They help enable us to connect people to the resources they need!

Become a champion today!



725 Bateswood Drive
Houston TX 77079
United States
www.oc-wh.org
2814977211

Let's create a strong community, together!

Cheers, to a better future for all!

[Unsubscribe](#)

