

THANK YOU FOR READING SAHARA'S NEWSLETTER, STAY UPDATED WITH CLIENT STORIES, EVENTS, AND LATEST TIPS.

## *Celebrating Women's History Month*

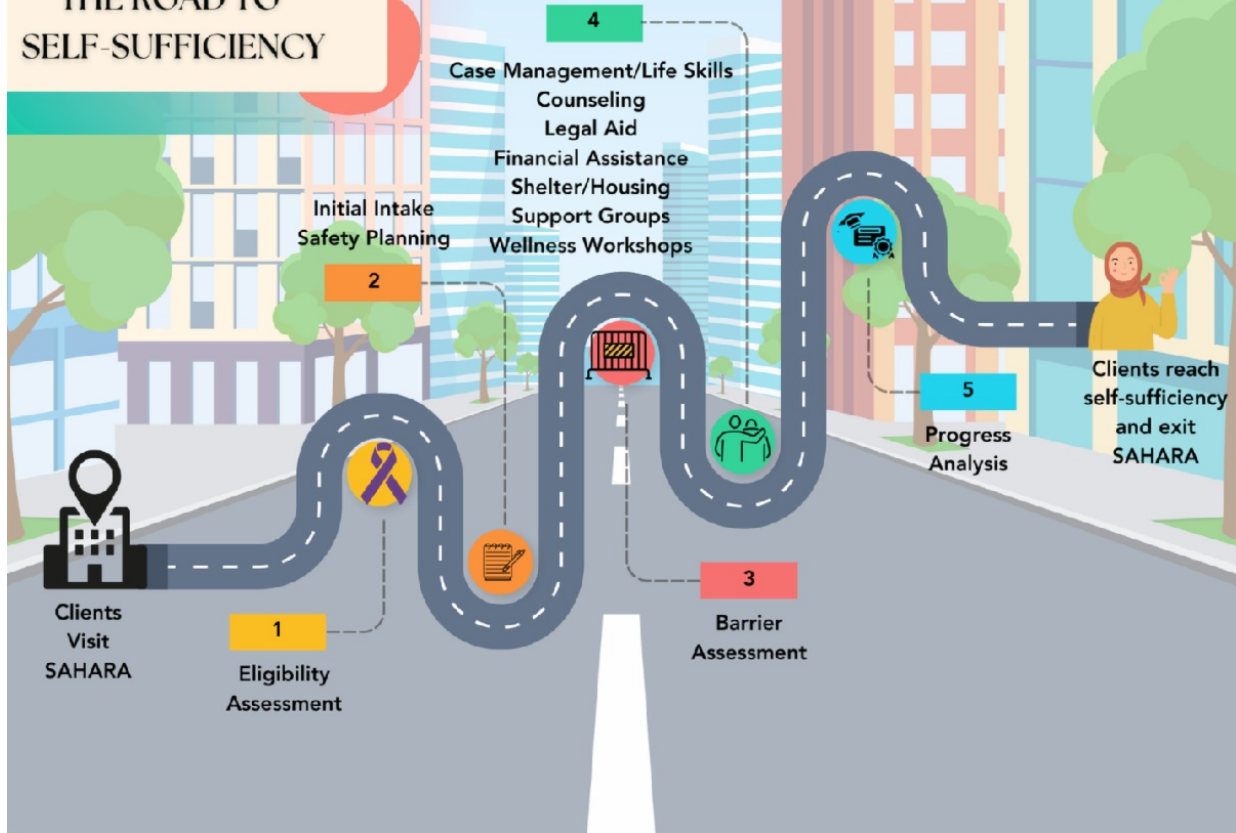


**Hear our first podcast about Women Empowerment & Entrepreneurship**



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**THE ROAD TO SELF-SUFFICIENCY**



*SAHARA's Impact*



21 Youth Ambassadors



25 Housing 1st Rental (Eviction Prevention) Participants



1431 individuals received domestic violence support



293 seniors participated in counseling and support groups



142 cases were provided with legal advocacy through pro-bono attorneys

3285 Shelter Bed Nights



**Support SAHARA**

# Past Events

SAHARA attended  
Jenesse  
Center's Youth  
Symposium



SAHARA provides  
information at Dale Jr.  
High for TDVAM



SAHARA participates in  
APAHF at USC and  
provides mental health  
activity and resources



SAHARA gives a  
presentation at  
Westminster Senior  
Center



## Coming up



Learn about  
SAHARA at our  
tabling events!

3/25/25

Community  
Resource Fair  
Cerritos College

4/4/25

Presentation at  
Norwalk Senior  
Center

# Program Highlight

## Housing/Shelter

After escaping an abusive relationship, a client found refuge in a shelter where she began to rebuild her life. She learned English, got her driver's license, and saved for a car, symbolizing her newfound freedom. Now working as a domestic violence case manager, she inspires others with her story, proving that even in the darkest times, hope and strength can lead to a brighter future.

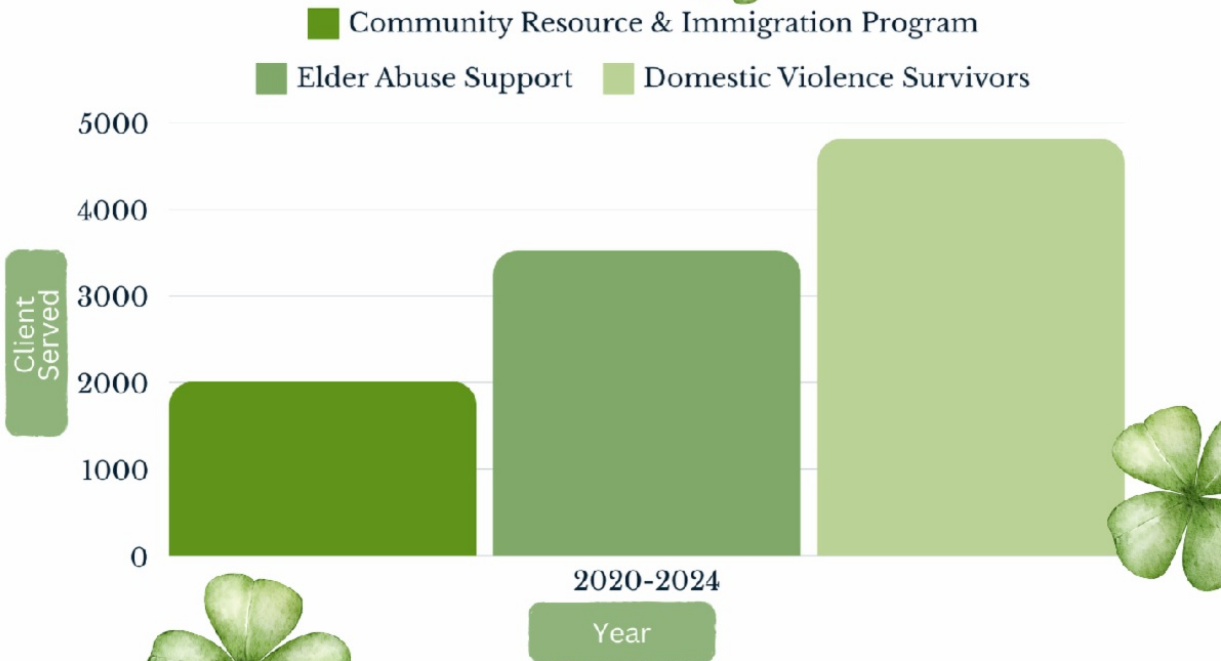
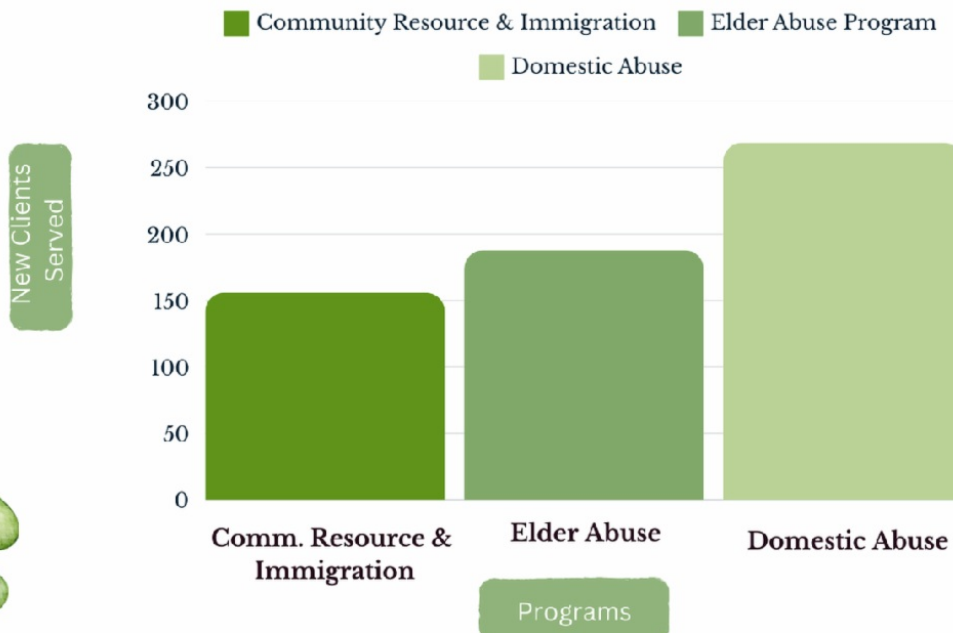


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# Statistics

## New Clients Served First FY Quarter July-September 2024



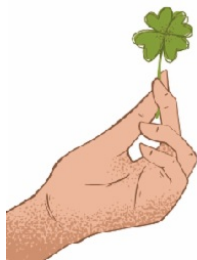


## Tip of the month

Practice *affirmations* this month! Try to say, “*I am lucky and I deserve all good things*” It’s important to think in a positive manner and manifest good things in your life.

## Mental Health Tips

- Take a walk when you feel overwhelmed
- Learn how to say “no”
- Be kind to yourself
- Listen to happy music
- Dance to your favorite song
- Make someone’s day by being kind



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