



In Memory

We celebrate the life and mourn the loss of our longtime social worker, *Ann Armstrong Phegn*. Ann worked for over 20 years to help homeless women and their children. She will be missed by everyone who knew her.



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Birmingham, AL 35203
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Pathways Volunteer Opportunities in 2010

LIKE TO COOK?

With the rising number of clients served during the 2009 year, Pathways' need for food provision has become a more visible concern in providing for our shelter locations. Pathways' welcomes businesses, service organizations, church groups, and individuals who would like to prepare and serve lunch for the Day Center Program located downtown or dinner for any of our three shelter locations. Groups can prepare any type of meal they wish, whether it is a favorite casserole, a spaghetti dinner, or good 'ol southern comfort food. Our guests enjoy the presence of groups from around the community at Pathways, and we encourage volunteers to grab a plate and sit down to a meal with the women here.

For more information on how to prepare and serve meals at Pathways contact Natalie Nations at Natalie.nations@pathwayshome.org.

LIKE TO TEACH?

For Pathways' previous session of Fiscally Fit, we welcomed the Junior Achievement curriculum to provide information on entrepreneurship and financial literacy for Pathways' school age children. Volunteers are needed to make this program successful, and we welcome individuals from the community to help teach these courses. The program begins again Thursday nights in February, and the following session in April will be structured according to the same schedule.

If you are interested in volunteering for this program contact Natalie Nations at Natalie.nations@pathwayshome.org.



THERE ARE A VARIETY OF WAYS INDIVIDUALS AND GROUPS CAN SERVE AT PATHWAYS:

- Enjoy babysitting?* Provide childcare at our Southside and Woodlawn Locations.
- Looking for an opportunity to use those muscles?* Volunteer to set up for Mud Bowl 2010.
- Want to see lives completely changed in one day?* Help a family move out of shelter.
- Desiring a means to share your work skills and talents?* Offer a class in your specialty area.



WINTER 2010

Connie Hill
EXECUTIVE DIRECTOR

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PATHWAYS

A WOMAN'S WAY HOME



“Ending Homelessness for Women and Children through Hospitality, Housing & Hope”

“Let your heart lead,” the instructor told us.

It was just a helpful tip about how to correctly stretch but it has come back to me many times since that class. We often think about what we should do with our work, home and volunteer time. But do we truly let our heart lead us? Do we focus our time and our talents on the people and things that are dear to our hearts? In this issue you will see what a difference you can make in a homeless woman or child's life by opening your heart. If you are a cook, you may decide to bring your friends together to prepare a hot meal. For those of you who have ever spent time on a job search, you may volunteer your resume writing skills in our employment program. Those of you who love to read may want to organize a book drive for adults or children. And if your current passion is connecting with friends through Facebook, we hope you will become a friend of Pathways (and encourage others to do so.) In 2010, we hope you will let your heart lead. Whatever your passion, it can be put to use by the women and children who live at Pathways.

~ Connie Hill, Ph. D
Executive Director

To Volunteer:

Please call (205) 322-6854
or visit our website at:
www.pathwayshome.org
or email us:
partner@pathwayshome.com



*“One can give without loving, but one cannot love without giving.”
Amy Carmichael, missionary, 1867-1951*

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Wish List



Day Center:

- Toilet Tissue
- Paper Towels
- Deodorant
- Mouthwash
- Shampoo
- Conditioner
- Tooth Paste
- Tooth Brush
- Wash Cloths
- Towels

Shelters:

- Diapers
- Towels
- Wash Cloths
- Sheet Sets (Twin & Double)
- School Supplies



Here's an Idea!

Sometimes organizations or a group of friends organize an "item" drive to help fulfill the needs of the shelter. If you would like to host a drive please call 205-322-6854.

To Donate:

Bring donated items to Pathways' downtown location at:

409 N. Richard Arrington Jr. Blvd.

Please call (205) 322-6854 for directions.

Pathways Stories from 2009

Each new year brings a chance for new beginnings. Before the year goes much further, take a moment to listen to your heart: what fresh start do you long for?

Here are two true stories of Pathways women and children who never gave up on new beginnings, and how with your help, we never gave up on them. Pathways offers fulfillment for hopes and hearts; by helping women like these, you may find that connection for which your own heart longs.

Linda arrived at Pathways with her dreams and goals for life still intact; she had steady employment, her own car, and a full college course load. However, due to a domestic violence situation, she lost her housing and found herself suddenly homeless. As a veteran, Linda summoned her skills in perseverance, and turned to Pathways. There she was provided a safe, stable place to live, so that she could continue to work full time at the VA Hospital, as well as continue to attend the classes required to complete an Associate Degree in Social Work. When she began struggling with an difficult mathematics class, Pathways was able to secure a tutor to work with her. While at Pathways, Linda graduated from Wallace State with her Associate's Degree. But her successes did not end there; Linda continued to achieve her goals, and soon departed Pathways. Her next steps were to purchase a home, thanks to a program which helps homeless veterans access housing, and to continue her education further. Linda was accepted into UAB's School of Social Work, where she began working towards her Bachelor's Degree. When Linda came up against some unexpected school expenses, rather than sacrifice her continued education, she turned again to Pathways. To help her get past her temporary budget shortfall, Pathways was able to provide her a few basics, a food box and some cold-weather clothing. Linda continues to work towards - and achieve - her goals to this day.

"When you get in a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn." -Harriet Beecher Stowe

After fleeing an abusive relationship in Atlanta, Jennie found herself at Pathways, along with the younger two of her four children. Because of her circumstances, Jennie had to make the decision to place her older two children with a relative in Atlanta temporarily, and so the family was divided. Pathways settled Jennie and her younger children into a secure shelter environment, and helped Jennie find employment quickly. Pathways also gave Jennie the assistance she needed to establish a plan for saving money so she could eliminate her previous bills and move from shelter into more permanent housing. As her situation improved, Pathways provided rental assistance so that Jennie could move into her own housing, and soon her two oldest children were able to join her from Atlanta. With the family reunited, Jennie focused on building her career, and is now a Director at a local non-profit. Pathways was there to help Jennie find stable employment and housing; Pathways was there to help her reunite her family; and Pathways celebrates along with Jennie as her oldest daughter begins college this semester, a shared step towards achieving a new generation of dreams.

At Pathways, every day can be a chance for a new beginning. Thank you for

being a part of this transformation. And you never know: as you help us make new lives for women and children in need, you may find the needs of your own heart fulfilled as well.

Thank You, Pathways Partners!

2009 was a tough year for many. Pathways served approximately 1/3 more families in its shelters in 2009, and we also saw an increase in the number of women served in the Day Center, particularly food box distribution. Additionally our expenses increased in many areas, while needs for goods and services increased along with the client base.

"Remember, if you ever need a helping hand, you'll find one at the end of your arm...As you grow older you will discover that you have two hands. One for helping yourself, the other for helping others." -Audrey Hepburn

So many of you stepped up to help. You brought and served meals at the Day Center, you provided donations for our families and for the Clothes Closet, and you responded when we asked you to consider year-end giving.

It seems that 2010 will continue to be a challenge as we strive to serve all those who find their way to Pathways. As we look forward, Valentine's Day is our first reminder to consider those who are most dear, and to re-evaluate where the heart lingers. **And if your heart leads you** to give, consider a Valentine donation to Pathways in honor or memory of those you love.

Thank you again for your support in 2009. We hope to see you often in 2010. Make it a time to listen to your heart, and may that lead you to great joy.

Another way to help us spread the word about Pathways?

Friend us on facebook

You can find us by searching in **Groups (select Organizations, Non-Profit Organizations)** and using the phrase **"Pathways: A Woman's Way Home."**

Also, we encourage you to tag us in any photos you post from a Pathways volunteer opportunity; the more people we can reach out to and tell about Pathways, the more people we can ultimately help!

Partner with Pathways on Programs



We are always seeking partners for Pathways Programs! Our ladies enjoy all types of arts and crafts activities, and appreciate others sharing their own talents while helping reveal abilities that build confidence. You provide the materials and guidance, and we offer willing artisans thankful for the opportunity to express themselves creatively.



Become a Pathways' Partner



~ \$25 ~

provides two nights shelter for a mother and her child.

~ \$50 ~

provides a month's worth of meals for a woman living on the streets.

~ \$100 ~

provides transportation for 3 homeless women in shelter to go on job searches.

~ \$500 ~

provides job training classes for a homeless women.

~ \$1000 ~

provides counseling and support for 5 homeless mothers and their children.

~ \$5000 ~

provides special programs for 25 children in Pathways' Learning to Be a Kid Program.

Pathways is proud to be a United Way Agency.

