



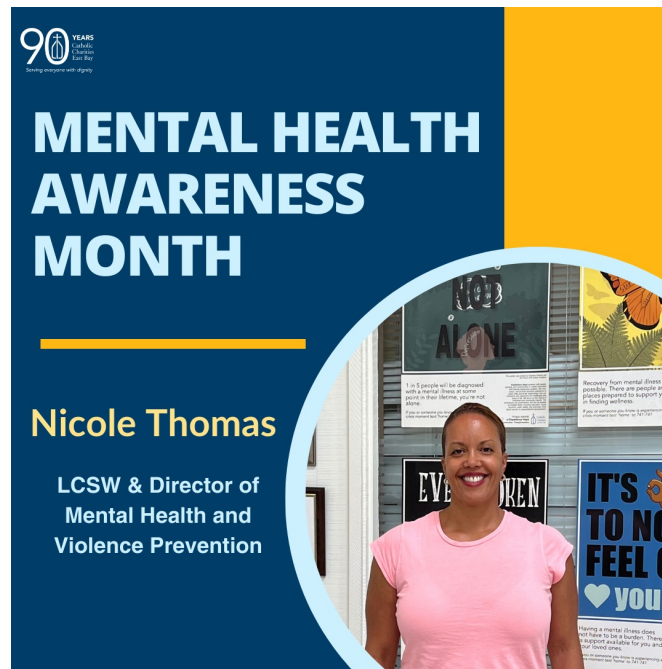
*Serving everyone with dignity*

## Meet the Team: Nicole Thomas

In honor of Mental Health Awareness Month, hear from **Nicole Thomas**, LCSW & Mental Health & Violence Prevention Director.

“Young people in underserved communities have already faced trauma associated with violence and poverty, plus the worldwide trauma of the pandemic that most have not processed,” says Nicole. “Role models are few and social skills are breaking down. Behavioral issues are often triggered by emotions such as fear and trauma.”

Nicole says the goal with restorative practice is to help youth manage emotions and learn healthy coping skills, and to help adults understand what is behind the behavior. In the face of a crisis, Catholic Charities serves communities without access to help, through a focus on prevention, intervention, family and community engagement, and restorative practice.



## Mental Health Awareness Month

In 2023, our Mental Health and Violence Prevention program helped **135** youth and families receive **1,994** hours of therapy, coaching, and clinical services. This work wouldn't be possible without support from our community and dedicated team.

## Mental Health Awareness Month

**135** youth & families  
received

**1,994** hours of therapy,  
coaching, and  
clinical services



## In Case You Missed It: Annual Golf Classic

A look back at our 39th Annual Golf Classic! Catch a glimpse of the incredible event filled with camaraderie, community, and a shared commitment to making a difference. Thank you to everyone who supported this memorable day dedicated to supporting our mission.



## Sowing Seeds of Change

Join us in supporting our annual appeal to sow seeds of change in Alameda and Contra Costa counties. Your support helps us serve seniors, families, and children in our community.

Contact [development@cceb.org](mailto:development@cceb.org) to learn more about supporting or volunteering at Catholic Charities. You can mail donations to:

Catholic Charities East Bay  
Attn: Development Department  
433 Jefferson Street  
Oakland CA 94607

# SOW THE SEEDS OF CHANGE



[Volunteer](#)

[Careers](#)



Catholic Charities East Bay | 433 Jefferson Street | Oakland, CA 94607 US

[Unsubscribe](#) | [Constant Contact Data Notice](#)