



# Bethany Hill Place

A living and learning community of neighbors

Greetings!

The future feels brighter when we receive feedback like this **from our residents:**

*"I felt alone and isolated. After going through this (program) I realized that we are all the same. I feel less alone and that I can talk to someone. **I'm better equipped to make changes and to reassess.**"*



*"It was great to have someone to talk to. To feel like I'm not stupid. **I learned that I can be more in control than I have in the past.** I didn't grow up talking about finance - that just didn't happen in my family."*

*"Coming from a background of being homeless, it's hard to focus. **When you have stability, it's easier to focus on things. It feels really good.**"*

We are incredibly proud of our residents. They remind us every day about the importance of home and education. **We are inspired by their successes and their determination to thrive.**

Wishing you a happy and healthy holiday season,

Trish Appert  
Executive Director

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## Highlights from Our Programs

**Improving well-being:** Our **virtual Self-Care Group**, which helps residents learn to relieve stress and overcome negative emotions, is reading Brene Brown's *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* and it is having a big impact on everyone.

**Building academic and socio-emotional skills in youth:** In our **virtual afterschool mentoring program**, middle schooler **Jarilis** (pictured right) and her Regis College mentor, Julie, have been reading together the book *The*

Unknown by J.W. Lynne during their online sessions and are both enjoying it.



**Building household financial stability:** Join us in congratulating the graduates of our **Budget Buddies financial literacy class!** This virtual eight-week course taught residents how to make budgets, handle credit, and take actionable steps in managing money and household finances.



## Save the Date

### Online Virtual Gala April 29, 2021

Stay tuned for more information!

Sponsorship opportunities are available.

Contact Jane at [jboulet@bethanyhillplace.org](mailto:jboulet@bethanyhillplace.org) for further details.

## A Season of Gratitude and Hope

**This is the time of year we're especially thankful for our caring community.** Although we can't gather in person for holiday get-togethers, our residents are still able to celebrate the holiday season thanks to our generous in-kind donors and supporters like you who have shown our residents how much you care.

But on a day like today - with a major snowstorm and the pandemic's second wave worsening - **we're reminded just how important shelter, safety, and stability is to our most vulnerable neighbors.** This year more than ever, [your support](#) of Bethany Hill Place will make a difference for our families.

**Make a Gift**



**Bethany Hill Place**

Since 1994, Bethany Hill Place has combined housing with learning opportunities to help more than 1,000 of MetroWest's most vulnerable people develop skills, strengthen their lives, and build financially stable futures.

