

## Good Things are Growing Here at Friends of Guest House

Thanks to our friends at the **Fenwick Foundation**, Guest House clients planted a vegetable and herb garden. Tomatoes, peppers, squash, and basil are growing and filling the bellies of all our residents!

Lisa, a resident who helped with the planting, said, "Thank you so much for the opportunity to do this!" Many clients have never had the opportunity to plant, nurture and harvest their own vegetables and herbs. We strive to give our clients as many opportunities as possible to learn how to live a safe, healthy, and sober lives. This vegetable garden is no exception! Thanks to all of you who help to give our clients these opportunities.



## Planning for the Future



Friends of Guest House's new Workforce and Life Development Coordinator, Andrea Chichester, led 12 clients through a vision board workshop this summer. The vision boards serve as both a reminder and a guide for our clients to stay focused on their goals and work to accomplish them.

Though our clients have many different backgrounds, personalities and interests, almost every woman mentioned maintaining her sobriety, reuniting with her children and family, becoming self-sufficient, and prioritizing her self-care during the vision board workshop.

"The women in this program are on a journey, they're doing hard work and facing really tough challenges," said Andrea. "Every single woman at Guest House has dreams, goals, and expectations for herself, just like everyone else in the world. This program is an opportunity for each woman to truly change her life and I'm so glad to be part of their growth and development."

## Thanks, Rosemont Landscaping, for the Yard GLOW UP

Our friends at **Rosemont Landscaping** completely refreshed the yard at our house in Del Ray, Alexandria. When the pandemic started, volunteer groups suspended their projects. In a normal year,

two to three volunteer groups would come to work on maintenance and beautification projects in the yard. It had been almost 18 months since our yard had the “TLC” it requires.

Then, Rosemont Landscaping came in! Their team completely cleaned up the yard and delivered mulch for the garden beds. We believe our clients deserve to live in a beautiful, safe place and are so grateful to Rosemont Landscaping for their generous support!



## Volunteer With Us - Your Time is Valuable, Use it as a Powerful Tool for Change

Volunteering with Friends of Guest House supports each woman's journey as she chooses to move beyond who she was and becomes who she wants to be.

We currently need of mentors to work one-on-one providing support and encouragement to Guest House residents. Mentors set goals with our residents, listen without judgment, and teach new skills as the

women transition from incarceration. They help them develop the confidence, patience, and perseverance needed to reenter the community successfully.

We also need volunteers to join our Workforce and Life Development Program to provide instruction on a volunteer basis to Guest House residents on topics such as: substance use disorders and strategies to support long-term recovery, mental health issues, job readiness, strategies for job searching and interviewing, coping skills, grief counseling, parenting classes, CPR and first aid classes, and advanced computer skills. Sessions should be at least one hour per week and take place weekdays between 9am – 5pm for at least 8 weeks. Volunteers will receive an orientation prior to teaching and sessions will be conducted in-person.

Masks are required for all volunteers regardless of vaccination status. Volunteers must complete a background check process and pay a one-time background check fee of \$25.

For more information or to receive an application, please email Mary Mulvenon, Volunteer Coordinator at [mary.mulvenon@friendsofguesthouse.org](mailto:mary.mulvenon@friendsofguesthouse.org).

## Ways to Give

If you believe in second chances, help us end the systematic cycle of incarceration—one woman, one family at a time. Your donation to Friends of Guest House is an investment in the tailored programs, proven approaches, and trained staff who motivate and encourage our clients.

Large or small, your donations to Friends of Guest House deepen meaningful change in our local communities. Our donors are committed to transformative community change by supporting our core belief: Every woman who has been incarcerated deserves the tools, education, and the chance to become who they want to be.

> **Donate online** [here](#) or click the orange "DONATE" button below.

> **Donate by mail.** Mail your check to: Friends of Guest House, 1 E Luray Avenue, Alexandria, VA 22301.

> **Become a monthly donor.** Monthly donors ensure every client receives the tools, education, and second chance she deserves. Click the Orange “DONATE” button below and select “Make this a monthly donation.”

> **Workplace giving.** Through workplace giving, you can designate a portion of your paycheck to Friends of Guest House instead of writing a check. Friends of Guest House is a member of both the United Way and Combined Federal Campaign (CFC). UW#8583/CFC#69155. You may be able to double or even triple your gift to Friends of Guest House through your employer’s Matching Gifts Program. Submit a Matching Gift Request to your employer’s HR or Benefits Department.

> **Stock and IRA.** Friends of Guest House welcomes gifts in the form of stock, mutual funds and IRA Qualified Charitable Distribution. To make a stock/IRA Qualified Charitable Distribution gift, notify your broker/financial advisor of your intention and Marisa Tordella at [marisa@friendsofguesthouse.org](mailto:marisa@friendsofguesthouse.org) or 703-549-8072.

> **Bequests by will.** Many people choose to leave a legacy gift to Friends of Guest House so they can support second chances for women committed to change with the legacy they leave behind. All it takes is a quick phone call to your lawyer to add Friends of Guest House as a charitable designation in your will. If you include Friends of Guest House in your plans, please use our legal name, Friends of Guest House, Inc. and Federal Tax ID: 51-0201327.

**DONATE**

Friends of Guest House  
[www.friendsofguesthouse.org](http://www.friendsofguesthouse.org)

