

ART AT GUEST HOUSE

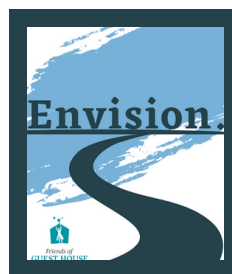


It's no secret how special the Guest House residents are, but many don't know how creative they are! Guest House has an Art Therapy component to Workforce and Life Development (WLD).

All women in the Residential program are required to participate in our Workforce & Life Development program to gain skills and prepare to return to the workforce. Creating art in this way

helps to overcome emotional blockages and ease inner conflicts.

Through our partnership with HEARD and the support from our Art Therapy Intern, residents are creating amazing art. Thank you to everyone who came out to support us on April 19th at Principle Gallery. Under the theme of "Envision..." we showcased original works by Guest House residents that inspire resilience. Make sure to sign up for our monthly [eNewsletter](#) to learn more about upcoming events.



MARK YOUR CALENDARS Spring2Action: **APRIL 26th**

Our community is better when we give together. Spring2ACTION is our chance to do that together. It's one extraordinary day to celebrate our collective spirit of giving and to support the organizations that make Alexandria a vibrant place for everyone.

On April 26th, we are celebrating 13 years of Spring2ACTION. Join us in giving back to the community we love!



www.spring2action.org/organizations/friends-of-guest-house

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OUR IMPACT REPORT IS OUT

We are pleased to share our annual Impact Report with our community. This year we are excited to report some wonderful developments within Guest House including our growing Peer Support program, the creation of our Diversity Equity and Inclusion Accessibility Committee (DEIA), and over 250 women served in 2022!

Guest House is incredibly grateful for the generous support given to us by you, our community donors, grantors, and volunteers.

The mission of Guest House would not be possible without your love and commitment to our mission.

Visit friendsofguesthouse.org/impact-report-2022/ to view the full report.

OUR VISION

We envision a world where your past does not define your future.



HOME-MADE MEALS AT GUEST HOUSE

A striking quality of Guest House is the resounding support from our community. From local churches, like Good Shepherd, Grace Brethren, Westminster Presbyterian, United Del Ray, and St. Alfred to our neighbors and volunteers. This spring you have shown your love to the women of Guest House through homemade meals and birthday cakes. A special thank you to Lindsay S, Ivy W, and Eileen D, for treating our houses to special meals!

Volunteers and Staff go the extra mile to make each resident feel special and noticed. For the past year, volunteer Dorothy M. has made almost every resident a birthday cake. Each cake is handmade and personally decorated.



PERSONAL FINANCE AT GUEST HOUSE

A major step to independence and stability is financial education. Uniquely, Guest House gives our residents the chance to save money while in our program, by offering free room and board, a component that many graduates remark made a huge difference in setting themselves up for their graduation from our Residential Program.

Recognizing this, our Workforce and Life Development Coordinator fostered a new partnership with Britepaths - a nonprofit that collaborates between community organizations and financial institutions to provide financial education workshops. Through this partnership, fantastic volunteers join Guest House residents in our workforce classes every other week to focus on finances and financial literacy.

We have already had the pleasure of hosting multiple institutions including M&T Bank, which ran workshops on Credit Checking and Financial Coaching.

We plan to continue this kind of educational support through the help of our partners and volunteers, as we know it is invaluable knowledge for our residents.



SPRING2ACTION IS UNDERWAY!

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Act for Alexandria's Spring2Action 2023 is just around the corner! Guest House was in the **top 3** most successful campaigns last year and we are aiming to continue this incredible growth.

Our goal this year is to raise \$100,000! With these funds, we can continue to support our Peer Support Program, expand our Workforce partnerships, and ensure that residents are well-prepared to start their reentry journeys.

Why support Guest House during Spring2Action?

In Virginia, it costs an average of \$33,680 to incarcerate one person per year: a recurring cost with repeat incarcerations.

The cost to help one woman for one year at Guest House is \$7,500: a one-time cost, because over 85% of our graduates never return to incarceration and, in fact, get jobs and become taxpayers.



Guest House residents typically arrive with little more than the prison-issued sweats on their backs. Through the generosity of donors like you, Guest House is able to provide clothing, toiletries, bedding, and towels along with a safe place to live. Healthy meals are provided three times a day (cooked by the residents with support from Guest House staff) along with snacks and special monthly celebrations like movie night.

As little as \$50 can provide breakfast for one person for a week, \$124 gets a woman all of her hygiene products, room supplies, and a change of clothes, \$7,500 helps a woman for a full year at Guest House!

A special thanks to Principle Gallery and Fiber Space for Hosting our Kickoff Events



PRINCIPLE GALLERY

We could not have done it without you and your years of support for Guest House!

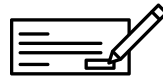


OUR MOST RECENT NEEDS

As we continue to feel the effects of COVID-19, Guest House is in great need of two things: **Food and Essentials.**

Our residential program serves three meals daily to 25-30 residents. Guest House's food budget is \$38,192 (based on average annual food cost). According to the USDA, food prices are predicted to continue to rise in 2023 by roughly 7.1%. Due to increased food costs, Guest House is forecasted to exceed our budget by at least \$10,000 in 2023.

Guest House residents need everything from toothbrushes to underwear to pillows when they arrive. Prior to the pandemic, it was rare that a resident to arrive with nothing. Now unfortunately it is commonplace. Guest House has had to absorb nearly 25,000 in new costs.



DONATE BY MAIL

Return the enclosed remittance envelope with a check



DONATE ONLINE

Use the QR Code to be connected to our online platform, or visit our website at www.friendsofguesthouse.org

BECOME A MONTHLY DONOR

Monthly donors ensure every client receives the tools, education, and second chance she deserves. Use the QR code and make sure to select "Monthly."



STOCK AND IRA

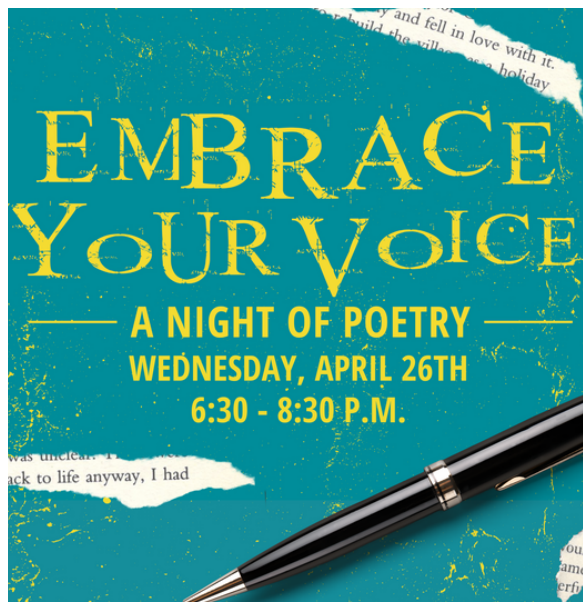
To make a stock/ IRA Qualified Charitable Distribution gift, notify your broker/ financial advisor of your intention and Guest House via info@friendsofguesthouse.org.



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. Our Legal Name: is Friends of Guest House, Inc., and our Federal Tax ID: 51-0201327.

POETRY AT GUEST HOUSE



On **April 26th** at the **Lee Center**, we are joining with Doorways and the Alexandria Sexual Assault Center to recognize Sexual Assault Awareness and Prevention Month (SAAPM) through "Embrace your Voice," a night of Poetry. We encourage poets to submit original work and attendees to join us (either in-person or virtually) and support survivors.

In preparation for this event, our WLD Team, along with our partners HEARD, will be working with our residents to assist in their poetry writing.

We hope you will join us for a night of supporting voices of strength and resilience.

To RSVP and see more details on how to submit a poem of your own, please check out the Eventbrite here:

Embrace Your Voice 2023 Poetry Share Tickets, Wed, Apr 26, 2023, at 6:30 PM | Eventbrite

DEIA IS IN FULL SWING AT GUEST HOUSE

In May of 2022, Guest House founded our Diversity Equity Inclusion and Accessibility committee. The committee itself is made up of staff members representing all roles of the organization, including programming, case management, and administration. Our Chair, Herrell Mitchell, and the committee has been hard at work with our DEIA consultants to survey both staff and clients. Our goal is to compose a strategic plan that is truly reflective of Guest House, its needs, and its goals.

"As a non-profit organization serving a diverse and underserved population, Friends of Guest House values diversity, equity, and inclusion (DEI) by providing fair and equitable access to critical supports to our clients through our core programs. This commitment to DEI is the foundation for maintaining a high-quality, diverse workforce and sustainable programs that help women successfully reenter the community from incarceration. We stand with our communities of color and underrepresented populations to be champions for social justice and a catalyst for change."

DEIA FIELD TRIPS

As a part of our DEIA Initiative, we host monthly learning sessions, events, and field trips. Most notably our Workforce Development Program organized impactful field trips to the National Museum of the American Indian in November and the National Museum of African American History benefiting both staff and clients. Our DEIA committee continues to plan different "Lunch and Learn" events and opportunities to embrace all the backgrounds of staff and clients.

To learn more about our DEIA initiative stay tuned on our Social Media and Website:

[Diversity, Equity, & Inclusion - Friends of Guest House](#)



Holidays at Guest House

In case you missed it!

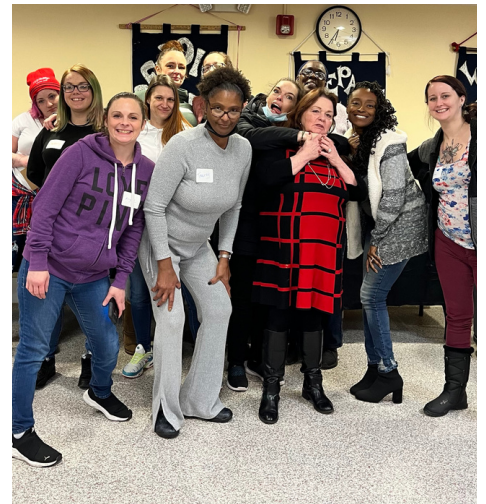
Guest House had a great holiday season filled with friends, family, gifts, and a lot of great meals!

A special thank you to Victory Temple for their generous donations which provided all of the ingredients for the holiday meals for our residents.

Our friends at Good Shepherd host an annual Christmas Party to benefit not only our residents but also our staff. Together we join in on Christmas crafts, an Italian-style potluck, and caroling.

Guest House and our community members also come together to make sure that each woman at Guest House has Christmas presents to celebrate the holidays with. From organizations like Volunteer Alexandria, our ladies could find gifts to give to their loved ones. A special thanks to Maureen C. and board member Jessica O. who not only provided enough cozy, size-inclusive PJs for our current residents but for new residents in the months to come!

As we are coming into our Summer months, we are looking forward to celebrating July 4th and Juneteenth, if you are interested in assisting our women in making this summer a blast through in-kind or monetary donations, stay tuned to our social media pages.



Want to stay engaged in our work? Want to hear more great stories?
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