

Making Up for Lost Time

Maria is working hard to catch up. The mother of 3 has been picking up food from MEND for 14 years. However, a short time ago she found her attention drawn to MEND's **Here We Thrive** services. She needed help but didn't know where to start.



Then one day she stepped through the doors and asked to speak to someone. She had a long list of needs. She needed an ID, help with clearing a traffic ticket, a job... and much more. Maria is vulnerable and shy, with a sweet attitude. But she is also incredibly determined.

She had to be. Maria has survived domestic violence, homelessness, and a long battle with life. She carries worry and fear with her everywhere she goes.

We carefully assessed her needs and helped her lay out a plan. Understandably she wanted to tackle everything all at once, but we knew she'd have greater success focusing on one thing at a time. Getting an ID was a priority,

We helped Maria fill out her forms and get an appointment. She followed through and soon received her ID. Next, she enrolled in employment services at MEND, showing up every chance she could to write a resumé, apply for jobs or simply talk to a career counselor. She was excited and anxious at the same time. Most of all, she was nervous to talk to employers. So, we gently coached her on how to interview, and when she was invited to two interviews in succession, she got the job!

Not too long ago, we checked in on Maria to see how she was doing. After she shared the bad news – someone stole her car– she happily informed us she was recently offered full-time hours!

We have a saying at MEND that *a successful client is one who never needs MEND's crisis services again*. The people you're helping have the same goal. Many are struggling with multiple challenges. And in many cases, such as with Maria, the issues have stacked up over time and appear insurmountable. Now, there's a trusted place where they can get help. Thank you for making it possible.



Thank You

Thank you for all you make possible. A nutritious meal...thousands of meals...for 290,321 vulnerable people and families in our community. Compassionate help for 798 individuals who last year had the courage to begin their journey to thriving. Support for 938 people who are homeless. And a caring voice, where there may have been no one. In 2023 at MEND, just a single year, these were some of the wonderful victories made possible by your kind support. You enabled MEND to serve almost *50,000 unduplicated people in 12 months*. Thank you for the care & kindness you extended to people who are struggling. We are grateful that you are a part of our MEND family.



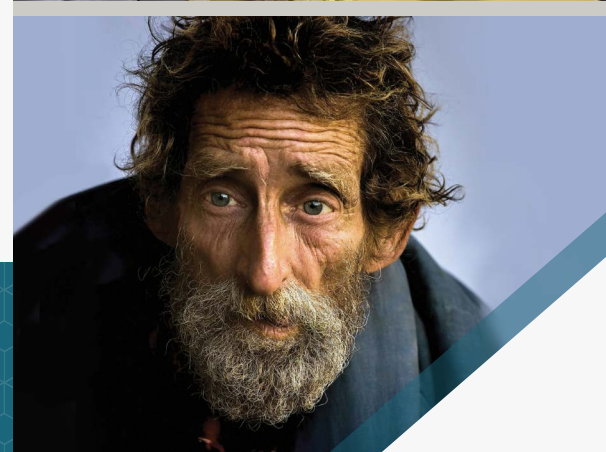
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Please call us or visit our website for ways to give.

Names and photos may have been changed to protect privacy.



2023 IMPACT REPORT



Paloma's Story

Just before MEND shut down for the holidays, we were alerted to the plight of a mother in crisis and homeless with two small children. Fleeing domestic violence, Paloma and her 6- and 3-year-old toddlers had nowhere to go. They needed everything—safety, food, shelter, and someone who would listen.... and help.



Paloma had reached out to local shelters and secured a 10-night stay at a motel in Tarzana through a local organization which serves survivors of domestic violence. It was enough to bring her into the new year, but she was desperate for a longer-term solution.

A community ambassador from MEND located Paloma and hand-delivered a care package with food, hygiene items, blankets, rain ponchos, clothing, and Christmas gifts for the children. Then she sat down and listened.

Because of kind people like you, MEND secured an extendable month's stay for the family at a safe and family-friendly location. Paloma's on a waitlist for long-term housing and her toddlers are in school. She is very grateful for the kindness your support offered during a difficult time.

YOUR IMPACT IN 2023



Almost **50,000** vulnerable people helped in **403,396** points of service



172,388 diapers to poor families



3,178,264 pounds of good food distributed in the community



95,499 hygiene items, wellness kits, socks, gloves, and more for people who are homeless or near homeless



2,648,553 nutritious meals consumed



8,658 grocery vouchers for families in need



823,681 pounds of food to 42 small food pantries across Los Angeles



798 community members received employment services and wellness interventions for better health

MEND's Life Changing Programs

For every life lifted in 2023 and always - thank you again for being part of our MEND family.



Community Nourishment Programs feed hundreds of thousands of people in need of food through a Food Pantry (direct distribution), Food Bank (distribution to partners). Buen Provecho Farmers Market & Health Store provide open access to an abundance of nutritious

food, including eggs, dairy & fresh produce.

Here We Thrive serves participants through:

- Gateways Employment Services - help with finding & keeping a job.
- Pathways to Wellness - support to address health & wellness challenges that lead to chronic disease.
- Connections - access to extended resources in the community.



First Step services offer food, clothing, hygiene items and referrals for people who are homeless.



Living Wise + Well provides a welcoming environment for seniors to participate in light exercise, social connection, and receive nutritious food.

And, finally, year after year, MEND sets aside time to restock backpacks for low-income children and celebrate the holidays with homeless and marginalized people.

Because of you, MEND is a place where people in crisis can find help. Thank you.

