

Helping Youth Create a Strong Foundation

LSS of Northern California wants to end homelessness in our region. We know that this is a lofty vision, but believe we can do it, eventually, with your support. Here's a story of a young woman we guided many years ago and how we helped make a difference in her life.

You never know with whom you might cross paths. Zach, an LSS case manager, was picking up food donations from a Sacramento Chick-Fil-A restaurant one day when the shift supervisor asked about LSS. As Zach talked about our work, another employee joined the conversation. Tears began streaming down her face.

That employee, **Cynthia (Cyn)**, had been a resident in LSS' youth supportive housing program in Sacramento between 2013-14.

“Oh, I was flooded with emotions when he mentioned LSS. To know the food donation was for LSS gave me such appreciation for all they did for me.”



Cyn and her son

Cyn was a high school drop-out and couch surfing with friends and her grandmother when she learned about the program LSS offered for homeless young adults between 18 and 21. She had been finishing her GED through a special program at the Urban League, which attempted to help its young participants connect with relevant services.

With a safe place to call home, Cyn concentrated on getting her life in order. Her case worker guided in her creating goals and a budget. She also served as a sounding board as Cyn worked through the trauma that led to her leaving school and becoming homeless. Cyn spent 18 months in

that program before leaving to get married and start her life as a stay-at-home mother.

She and her husband divorced after eight years, but that was the right decision for her. Now a single mother, Cyn had to find a way to support herself and her son and create a new life. Her job skills were limited, she walked into a Chick-Fil-A looking for work. She found a supportive management team that her about business and encouraged her advancement in the organization. After five years in the same restaurant, she transferred to Sacramento to be closer to her grandmother.

Today, Cyn has a good job with opportunities for advancement, her own apartment – in the same complex as her beloved grandmother -- and a car to get her and her son around. She has reunited with both parents and created strong relationships with both.

She remembers all that LSS did to give her the foundation she needed to be a responsible adult.

“I'm so happy to serve the community that once served me.”

LSS assists nearly 4,000 individuals of all ages and families with children residing in seven Northern California communities as they rebuild their lives after experiencing homelessness. Please join us in being part of the solution to ending homelessness. Your gifts and good deeds make a difference in the lives those we serve, just as they did for Cyn eight years ago.



Visit www.lssnorcal.org to learn more. Follow us on **Facebook** @lssnortherncalifornia or on **Instagram** with lssnorcal.

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