## The LHCH Newsletter

## Come Play With Us: Upcoming Events

We have a showcase of events going on! We are excited to announce the following events:

Kids Cooking Class

Mindfulness Meditation and Sound Bath

Healing Sanctuary Event

LOVE IN ACTION Edible Forest & Animal Sanctuary Volunteer Days

Grocery Giveaway!

## **Recent Event Photos**

Hey there! Were you caught on camera at our latest event? Dive into the snapshots below and hop over to our social media to catch up on all the fun we've been having!













#### Spread The Love

It's that time again! As a community, we're gearing up for another year bursting with glorious opportunities to spread love, positive energy, kindness, and create heartfelt memories. Together, we continue to uplift children and introduce them to activities and events that pave the way for positive life experiences and outcomes, allowing them to proudly engage in moments that shape their futures.

Our collective efforts prepare youth and families for a journey towards better life decisions, improved health, successful transitions into adulthood, and bright futures.

We thank you and invite you to join us in continuing to make a difference by visiting our donation/wishlist page at Loving Hands Children's Home. Together, let's put big smiles on little faces and create beautiful childhood memories.

Your support provides children with experiences they might not otherwise have, enriching their lives with love and possibility. Thank you for being a part of something truly special!

#### DONATE TODAY!

## A Message from the Director

Dear Loving Hands Family,

Thank you for your unwavering support of our organization, mission, and the precious children and families we serve. Your dedication enables us to thrive and uphold the values that define Loving Hands Children's Home. As you engage more with our community, we hope that you recognize our unyielding commitment to excellence and our relentless pursuit of providing the highest quality care and programs for our children and youth. Every day, we aim to create positive childhood memories and experiences that shape bright futures.

Our foundation is built on core principles of ethics, promoting healthier lifestyles, and nurturing the spiritual, physical, and mental well-being of those in our care. Our success is a collective effort. powered by our dedicated Board Members, staff, invaluable volunteers, and supportive community. Transparency, honesty, and genuine communication are the cornerstones of our relationships. Together, we have achieved significant milestones, yet we recognize that the journey ahead is long. With your continued support, we are confident in our ability to reach our goals and surpass industry standards.

Thank you for being a vital componentl in our success.!

#### <u>https://lovinghandschildrenshome.org</u>



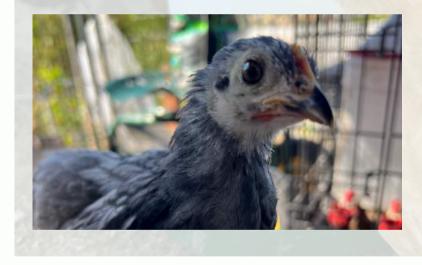
# Challenge:

When a negative thought enters your mind, think three positive ones. Train yourself to flip the script.



## Animal Talk

As our older Ladies of The Chick Inn retire and settle into their golden years, we are thrilled to welcome the love and light of our new, delightful flock of baby chicks! Each one brings a unique charm, and while we are still in the process of naming our feathery friends, we invite you to drop us a message if you can think of a cool theme or names. These adorable chicks are a beautiful reflection of building trust, tolerance, patience, love, and exploration. They show us the true beauty of unconditional love. Let us remember their invaluable lesson: by embracing each other's differences and trusting in the power of love, we can create a world filled with peace, love, and harmony..





#### Mindful Kids

We're engaging in a variety of fun mindfulness activities to immerse our children in a mindful lifestyle and environment. By creating tranquil settings, we encourage kids to slow down, observe their thoughts and feelings, and make thoughtful choices instead of acting impulsively. These activities help kids and teens manage stress, regulate their emotions, stay focused, and develop a positive outlook on life.

Mindfulness not only aids in learning, decision-making, and emotional intelligence but also boosts self-confidence and fosters a sense of connectedness to others. It teaches children to pay attention to their thoughts, actions, and bodies, providing them with the tools to stay calm when feeling emotionally reactive. Our aim is to equip kids with lifelong skills to navigate their emotions and behaviors with grace and intention. Try our Mindful Challenge, FLIP THE SCRIPT!

# **Our Flemish Friends!**

We love our Flemish Giant friends! These gentle giants bring immense joy and comfort to everyone they meet. Flemish Giant rabbits are known for their calm and friendly demeanor, making them perfect companions for animal therapy.

The benefits of animal therapy are numerous. Interacting with our majestic and affectionate friends helps our clients reduce stress, anxiety, and depression, while also promoting relaxation and improving mood. Their gentle nature encourages trust and connection, making them ideal for therapeutic settings. The presence of our Flemish Giant friends provides a sense of companionship and emotional support, enriching the lives of those who interact with them.!



# Advisory Board Members: A Call To Action

We continue to welcome esteemed members of our community to join us in a shared endeavor of organizing and addressing the challenges that lie before us. As we embark on this collective journey, our hearts brim with anticipation, eager to explore new horizons and discover innovative solutions.

If you harbor a passion for forging connections with exceptional individuals and delving into inspiring conversations aimed at fostering positive change, we extend a heartfelt invitation to consider joining our advisory board.

The depth of your involvement enhances the potential to illuminate our path and weave a tapestry of meaningful impact. Your presence promises a beautiful tapestry of change in the lives we touch.

#### Fun With Partners







#### **Making Strides**

In this issue, we want to extend our heartfelt THANKS and highlight the wonderful connections and stories of community members and organizations making strides, including us!

We are deeply grateful to be the proud recipients of the Amity Foundation CFCI Grant. This funding will help us create a safe and healing haven & programming for medically fragile, underprivileged, foster, homeless, and LGBTQ youth. It will enable us to continue teaching essential life skills, preparing youth for a smooth transition into adulthood, and building a therapeutic and healing space in which to serve.

We also celebrate our partnership with The Blind Smile, whose mission is to help kids feel loved and special on important days like birthdays, graduations, or proms. Their dedication to celebrating the less fortunate enriches lives and creates meaningful memories.

We are elated to join Comfort Cases in sharing backpacks filled with comfort and personal care items for youth entering foster care. We are working to end the practice of giving children trash bags in which to carry their belongings, restoring their confidence & pride.

A special thank you goes to Jamarvin Harvey and the LA Rams. This incredible duo has been a true blessing. We had the fantastic opportunity to join the LA Rams at their Summer Training Camp at LMU, where our clients got to play football with real NFL players! They enjoyed running plays, participating in scrimmage drills, dancing, eating good food, and having a blast, all while learning about health and fitness. The camp emphasized the benefits of staying active, improving cardiovascular health, strength, stamina, coordination, and enhancing agility and handeye coordination. Our youth gained boosted confidence, self-esteem, and peer interaction, creating memories they will carry throughout their lives.

#### Thanks Partner!

We are filled with immense gratitude for all of our wonderful partners! Whiting-Turner, we THANK YOU for the magical spirit of love and generosity shared during our most recent volunteer event. Your hard work in clearing brush, planting seeds, and building a beautiful shelter for our phenomenal land guardians has truly created gifts that will keep giving in the form of healthy fruits & veggies and a shelter made from love. The event was a wondrous occasion, brimming with love, light, and laughter. Thank you for your incredible support and for helping us create a space that is safe, nurturing, and full of promise.

Our journey has been greatly enriched by the incredible support of our partners. Your presence within our organization fills us with immense gratitude, as you play a vital role in fostering positive change within our community and beyond. Your generosity humbles us, and we are deeply thankful for your unwavering dedication to our cause. It is because of partners like you that we can make meaningful strides toward our shared mission.

"Intentions shape our path, turning aspirations into the guiding stars that navigate the course of our actions."

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