

LAZARUS HOUSE MINISTRIES'

HOLISTIC CARE AND FAMILY ENRICHMENT PROGRAMMING FOR GUESTS LIVING IN OUR SHELTER OR CAPERNAUM PLACE

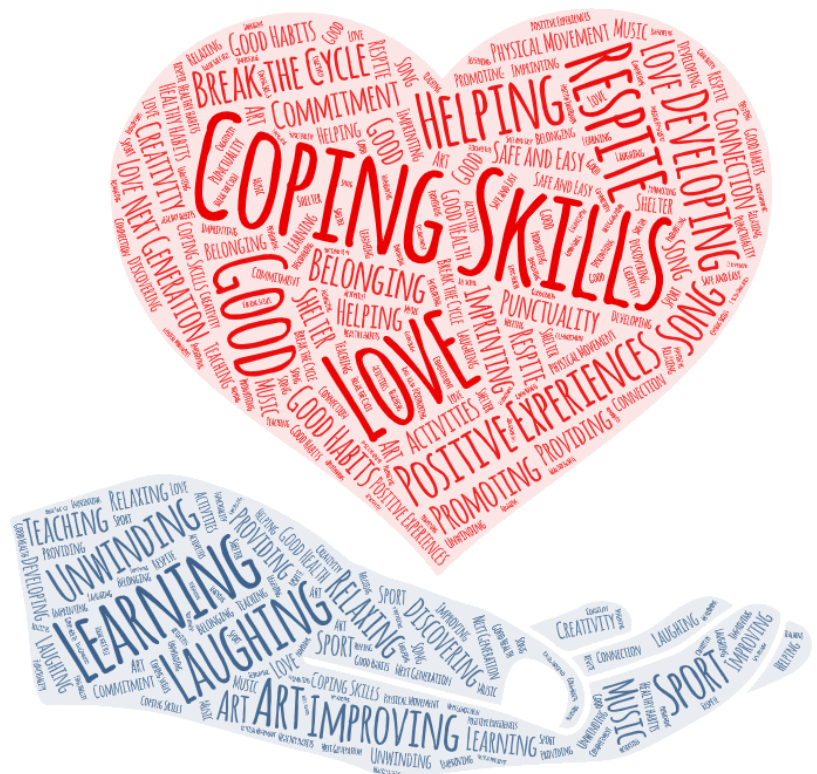
WHAT IS HOLISTIC CARE/FAMILY ENRICHMENT PROGRAMMING?

Holistic care supports our families who are emotionally, physically and financially drained.

We offer a series of enrichment opportunities to our young Guests and families so they can experience emotional growth and socialization. Our activities promote focus, accountability, responsibility, respite, distraction, joy, and in and of themselves are confidence builders. They make families feel “normal” as they create positive memories together and individually.

This programming results in emotional health and confidence our Guests can take with them for the rest of their lives. Holistic care is part of connecting Guests to their potential and ensuring each and every Guest has the opportunity to not just survive, but to thrive. This engagement, involvement and belonging help develop a sense of safety and trust that sets the stage for choosing “the next right thing”.

We also offer activities, through our volunteers, such as BBQ's, Lawn Parties, Christmas festivals, and Holiday door decorating contests to engage our families and bring delight and fun into their stressful lives.



FAMILY ENRICHMENT ... MORE THAN FUN ACTIVITIES BUILDING ESSENTIAL LIFE SKILLS, RESILIENCE, CHARACTER AND SOCIALIZATION

- Helping to break the cycle of poverty for the next generation
- Improving coping skills and attitude
- Imprinting positive experiences on the brain and in the heart
- Relaxing
- Laughing
- Belonging
- Unwinding
- Providing structure and consistency
- Discovering creativity
- Developing a love of learning
- Developing good habits: commitment, punctuality
- Offering a break from real and perceived dangers and traumatic experiences
- Providing Respite from Trauma
- Learning to express yourself (through art, song, music, connection, sport, physical movement)
- Teaching healthy habits
- Lessening heart disease, depression, obesity
- Promoting good emotional and heart health
- Many activities happen at the Shelter – safe and easy with no transportation required
- Helping to regulate Cortisol levels



Our advocacy team monitors our Holistic Care programming regularly. They are adding and changing activities as we learn what is most beneficial to families in Shelter – many of whom have experienced trauma. Here are some examples of the enrichment we offer currently (2022)

- Tae Kwon Do classes for the kids
- Family Paint nights
- Exercise classes
- Music lessons (kids keep the instruments)
- Art classes
- Nutritional cooking guidance
- Exploring tennis (with Serving Stars – another area non-profit)

WE ACKNOWLEDGE AND REMEMBER THAT:

- Each Guest is a child of God.
- Every Guest is worthy of honor, dignity and respect.
- It is a privilege to be invited to come alongside our Guests.
 - Not everyone's 24 hours is equal.
 - Not everyone's access is equal.
- People's lives and circumstances are often complex.
 - It takes time to earn trust.
- Every Guest has something to give.
- There are inequities for people struggling with poverty.

