



Joining Hands

Joining Hands with our Community to Build Strong Families

VOLUME 1, ISSUE 2

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Mission Statement

To develop healthy relationships by providing free education, support, and counseling in a safe environment.

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Leave A LEGACY You Can Be Proud Of

2nd Annual L.E.G.A.C.Y. Run raises awareness for generational abuse in Nueces County

Texas A&M Corpus Christi Kinesiology Club hosted the 2nd Annual L.E.G.A.C.Y. (Let's Eliminate the Generational Abuse of our Children & Youth) Run to benefit Family Outreach Corpus Christi, Inc. The purpose of this run was to inform the community of the seriousness of generational abuse in our community and promote family fitness.

Unfortunately, in Nueces County the quality of life for many families is at risk. According to Nueces County Victim's Advocate, cases of abuse affecting families in this community are now spanning 5 generations. Generational cycles of abuse are passed down from parents to their children and unfortunately repeated cycles of abuse often become normalized for these families. With each generation,

the abuse becomes more ingrained, more destructive, and more likely to be repeated.

The L.E.G.A.C.Y. Run brought this unfortunate reality to the forefront of people's minds on October 22. 247 runners came out to compete in three categories: 10k, 5k, 1 mile run for children 12 and under. "This run is different from others in Corpus Christi because it really centers around the family unit. We worked hard to encourage fami-

lies to run together to make a difference in the lives of other parents and children." commented FOCC Community Education Director Briana Gutierrez. "Our youngest participant was 3 years old and everyone in the crowd had an awesome time watching her and her 2 brothers run together. Seeing all the families running together was really touching." says Gutierrez. Thanks to the Play Therapy Association, all the families who participated were awarded a family medal to remember the event by.

Family Outreach would like to thank all those that donated their expertise, time, and money to make this event successful. We couldn't have done it without your help. We are looking forward to seeing many more families join us next year in our fight against generational abuse.

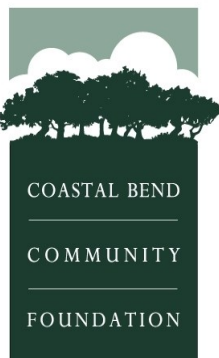


Students from Metro Elementary School of Design participated in the 1 mile fun run for children.

[Click here to see more pictures from the 2011 LEGACY Run!](#)

Enhancing the Quality of Life for Families

Fall Grant totaling \$2,500.00 awarded to FOCC to fund education and crisis support



On September 13, 2011 Family Outreach was granted \$2,500 by the Coastal Bend Community Foundation to fund education and crisis support services for at-risk families. Our organization is deeply grateful that the Foundation has chosen to fund our services. The funds will allow us to continue to advocate for children, empower parents, and enrich the community and ultimately enhance the quality of life in the Coastal Bend.

Without the support of our community and the Coastal Bend Community Foundation, all these amazing services we provide free of charge to at-risk families would not be possible.

Thanks to supporters like you Family Outreach can make a difference in the lives of parents and their children one family at a time!

Our free services would not exist without your support. Thank You!

A Fresh Start: A Client's Story

Grandmother struggles to raise 4 grandchildren after loss of her daughter.



The Leal Family

"The counseling was very much needed in order for my family to cope with our loss."

Visit our website at www.familyoutreach-cc.org for more personal and encouraging stories

My name is Mary Alice and on October 9, 2008 my daughter Valerie was killed by a drunk driver. For my husband and I, our lives changed forever. Her loss was devastating. We were left without our daughter and her four children were left without a mother in their lives. We were filled with so much pain and anger. My husband and I took the kids in and have been raising them ever since.

We were struggling to pick of the pieces, not only for us but for our grandchildren. I had to work extra hard to make sure we would all be okay. The loss of their mother was unbearable for the children and I didn't know how to help them on my own. It was tough not having all the answers. That's when I found Family Outreach and I

realized I didn't have to pick up the pieces on my own.

I thank God everyday for their free array of services. I was feeling hopeless until I learned what Family Outreach could do for me and my grieving family. My husband and I could take parenting classes, marriage counseling, individual counseling, and the kids could receive play therapy at no cost. Without these services and the supportive counselors we would be lost. It would be hard to deal with everyday life without their help. The counselors are so understanding and supportive to each and every one of us. The counseling was very much needed in order for my family to cope with our loss - and it is a process we are still going through to this day.

The help didn't stop

there. Family Outreach has also provided the children with food, clothes, school supplies, and has aided us during the holidays. I am forever grateful. The children say Family Outreach is "our second home" - and I agree. I don't know where we would be if it wasn't for their unwavering support.

We are so grateful for Family Outreach and the caring staff to be in our lives. Each of us looks forward in being here as long as we need to be. It hasn't been easy but thanks to the help we've received, my husband, myself, and our grandchildren have hope for a brighter tomorrow.

Thank You,
The Leal Family &
Children

Act now! You Really Can Make A Difference!

Kitchen volunteer needed to provide relief and comfort to families and children.

If you walk into our building at around 5:45pm you will smell the aroma of chicken enchiladas, spaghetti, Sheppard's pie, or the kid friendly dish macaroni and cheese wafting through the air. The kitchen at FOCC has become the heart of the building. It is where well balanced meals are prepared for parents and children who are taking advantage of our services during the evening from 6:00pm to 8:00pm.

Typically parents are getting off of work, picking up their kids from school, and quickly making

their final errands before they must promptly make their appointments.

By providing families with meals, volunteers offer parents some much needed relief. All parents have to do when they get home is get the kids to finish their homework and get them to bed. No worries about dinner—FOCC will take care of it. Parents find comfort knowing their families will be taken care of with a home cooked meal.

Without our caring volunteers preparing dinner for free

to parents and children, many families would not be able to take advantage of services held in the evening.

Be a part of providing relief and comfort to parents working hard to develop a healthier family. If you have an affinity for cooking and helping others in the community, we'd love to have you. At FOCC you will find a much appreciated volunteer position here as a cook or kitchen volunteer.

Act now! Become a FOCC volunteer today!

Visit our website www.familyoutreach-cc.org to fill out a volunteer application. Or call us at 361-888-6041 to receive more details! We'd love to try your famous dish!

JOINING HANDS

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FAMILY OUTREACH CORPUS CHRISTI, INC.



Just one of the meals prepared by volunteers for parents and children.

Freedom Rains for Survivors

FOCC hosts the first spiritual retreat of its kind in Corpus Christi.

Earlier this year, Family Outreach introduced to the community the "Freedom Rains Retreat" for adult survivors of sexual abuse and rape. The event, an extension of the S.C.A.R.S. (Sexual Child Abuse & Rape Support) support groups, was the first spiritual retreat of its kind here in Corpus Christi. We are grateful for contributions from the community that helped make this event possible and would like to thank Cornerstone

Church for hosting the event at their facilities. SCARS support groups have been helping women of all ages, races, and economic status to overcome the trauma of childhood sexual abuse for years. The 2011 Freedom Rains Retreat, however, was the first opportunity for all of the group's participants to participate in a reunion, one offering a chance to fully experience the incredible love of God. It was truly a time of healing for all.



The ladies who attended Freedom Rains say they will never forget their healing experience.

"It was truly a time of healing for all."

5th Annual International Evening under the Stars

Celebrate the diverse cultures in Nueces County while giving families strength and hope to survive.

Save the Date!

Mark your calendars because the 5th Annual International Evening under the Stars is on its way! The Board of Directors, staff and volunteers of FOCC will join together once again with the Omni Bayfront Hotel to present this premier event in Corpus Christi. The event will be held Saturday, February 25, 2012 at the Omni Bayfront Hotel.

This spectacular event is filled with entertainment and food from around the world in celebration of the diverse cultures in our community. This unique

event also gives you the chance to attend in attire from the country of your choice.

Proceeds from this event will directly benefit FOCC and the Live & Silent Auction is a major fundraising aspect of this premier event. The FOCC staff and volunteers effortlessly foster a family environment because there is genuine care in our smiles, laughter, and relationships. We care about each and every person that walks in the door. . .and the parents and children immediately feel it. Much of this credit goes to do-

nors like **you** who support our mission.

We need the community to help with our Silent Auction because we truly cannot accomplish it without your generous gifts. We need **your** tax deductible donation of artwork, items, or services to help fund education programs, support groups, and counseling for families who otherwise would not be able to afford these life changing services.

(Cont. on page 4)



Sneha performing the "Bharatnatyam Dance"



FOCC counselors in cultural attire.

Threading the Past, Present, & Future

New support group offers males and females a new way of looking at anger management.

In July, an apparent drop in attendance for the anger management class spurred Clinical Director, Jody Kuhl and counselor, Cody Parker to look outside the box. Ideas were discussed to modify the class so it would produce effective long term results for individuals seeking to control their anger.

The first shift was to turn the class into an ongoing support group. "Anger management as a class was more like a band aid, it feels good for a little bit but it doesn't allow you to really explore the roots behind your anger." says

Parker. Changing from a class to a support group allows individuals to actively engage in the management of their anger instead of just listening to an instructor.

The second shift was a name change, the new support group is now named R.O.A.R. (Recognizing Obstacles to Anger Resolution). The name summarizes what parents will be doing as a group. Through a technique called anger threading, parents will explore how anger patterns are products of past events and get to the root of their anger. The idea is that they will support one

another in a group setting and provide healthier alternatives for each other. Parents will have the opportunity to share obstacles keeping them from resolving anger issues and receive feedback. "We wanted parents to gain more self awareness and explore the roots from their past to control their anger in present day circumstances and in the future." says Parker.

The third shift was to separate the group by gender. This change would allow participants to share and develop their "truest self." Parker reports, "When the other sex

is taken out of the mix, there tends to be higher levels of feelings of support and more open communication."

Since the changes were made we have seen the male and female class grow substantially. If you or someone you know is interested in joining the group please call us at 361-888-6041 to register.



Thanks to your donations our support groups are free!



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SPECIAL THANKS TO....

The **Executive Women International Corpus Christi Chapter (EWI)** for sponsoring the 2011 Reading Rally which teaches mothers the importance of reading to children and achieving through reading. It was a wonderful success and we could not have made it such a special occasion for our families without your support! We would also like to thank the fabulous workers at **Navy/Army** for coming out and volunteering at the event, you guys rock!

[Click here to view pictures of the 2011 Reading Rally!](#)

How YOU can support us!

Donate Now

Follow Us!



Visit us at our website
www.familyoutreach-cc.org

5th Annual International Evening under the Stars

(Cont. Pg 3) Regardless of size or value of your donation, you will receive individual recognition in the event program and video presentation featured at the event. Keep in mind that no item is too big or too small and will be received with much appreciation. One of our goals for 2012 is to collect auction items that offer the same level of diversity as the evenings divine ethnic cuisine and array of cultural entertainment.

If you need more information please contact Briana at 361-888-6041. Without your donation, these families many never experience a life free of abuse.

Why Donate?

- You can make a difference in the lives of children and their families directly in your community.
- Your contributions are tax deductible.
- Gain exposure! Don't miss this opportunity to market your business.

How Else Can I Contribute?

- Attend the event! Aside from donating items, many donors choose to attend our premier event. For reservations & ticket information contact Jody Kuhl at 361-888-6041.



Interns from TAMUCC & Volunteers helped with the silent auction in 2011.

You don't want to miss this truly spectacular event!



Corpus Christi Ballet Company stunned guests with the "Arabian Dance"

The FOCC family in cultural attire enjoyed dancing, food, and entertainment with friends and supporters.



Dai Nushi performed the "Peacock Dance", a symbol of beauty in the Chinese Dai culture



[Click here to see more pictures from the 2011 IEUS!](#)