

Lifted Spirits Strives to Provide:

- a community of women
- a safe and chaos-free space
- warm meals
- sofas to take a nap
- toiletries and clothing
- a washer and dryer
- movies, games and books
- arts and crafts, cooking and music
- wellness presentations
- linkages to community resources
- open hearts and support

Open: Monday and Wednesday
12:00 to 4:00pm
Friday 12:00 to 3:00pm

AA

With Your Help:

\$50 Underpants for 10 women;
Socks for 20 women; or

1 Street Survival Back Pack
(Flashlight, Whistle, Toiletries, Sanitary
Supplies, Sunscreen & more)

\$100 3 Warm Coats;
10 Rain Ponchos; or
2 Street Survival Back Packs

\$250 1 week of lunches for the women;
New Pants and Shirt for 8 women;
or 5 Street Survival Back Packs

\$1,000 1 month of lunches for the women;
Audio equipment for the center; or
20 Street Survival Back Packs

Lifted Spirits is where a woman without a home can find the support of other women, connect to vital services, and find respite, spiritual renewal, and joy when there is nowhere else to go but the street.

Lifted Spirits
First Presbyterian Church
49 N. Fourth Street,
San Jose, CA 95112

FOR MORE INFORMATION:
Karleen, Volunteer Coordinator
volunteerfpcsj@gmail.com
408-297-7212

Donate at:
liftedspiritswomensdropin.org or
make checks payable to:
First Presbyterian Church/Lifted Spirits

Contributions are tax deductible
Tax ID#82-1690553



Lifted Spirits

Drop-In Center for Women

*Where a women without a home can find
support....*



LiftedSpiritswomensdropin.org



Who Comes to Lifted Spirits?

The average age of our women is 55

- The women are from all socioeconomic backgrounds
- About 30 women come to L.S. each day that we are open
- Many of the women who visit the center have not been employed for over 10 years and do not qualify for Social Security
- Women living on social security do not have enough money to rent a room in a house here in Santa Clara County
- Some of the women are homeless living on the streets, some are living in cars, some are couch surfing and some are imminently at risk of losing their housing
- Many of the women have experienced trauma, abuse or domestic violence
- There is a core of women who come at least once a week for the connection with other women
- We've collaborated with local women's groups, faith based communities and other individuals who care

"Unconditional Love Dispensed"—
Pastor Sharon Hare



Each Woman Has a Story to Tell:

"I used to hate Monday but now I love Mondays because I have a place to go."—C.

"I like to come get away from my husband. Have a good hot meal. Use a real toilet and be around the other ladies."—Lady S.

"Lifted Spirits" is to stay clean and sober and to have fun doing arts & crafts and a place to take a nap.—Susie Q.

"This group of ladies is a God-send to say the least. They create a safe, warm, loving & nurturing environment to women who are homeless.

I've made wonderful friends here that we all call one another "sister." The pastor & all ladies who donate so much of their time, come through out of love & compassion & raises my spirits every time I come. All of the great things, food, clothes, toiletries, ambiance & everything is priceless.

I wish I could pay this forward—someday."—Izzy

"Coming here has been a pleasure. The people are nice and I like the company."
—Pat

"Thank you for being nice to me" -Annie

How You Can Help-

Part of Lifted Spirits Drop in Center for Women mission is to provide an environment where women can build trusting relationships with women of the surrounding community. We would love to talk with you if you are interested in working with us:

- Lead a craft project
- Teach self-help and life skills
- Lead exercise, yoga or dance
- Teach computer skills
- Bring your music or entertainment
- Provide a hot, hearty meal for 30 women
- Bring yourself, your ears and your heart

If you are not able to come in person maybe you can do a "drive" for much needed items amongst your friends, family, co-workers.

For more information on needed items please contact **Karleen the Volunteer coordinator**
volunteerfpcsj@gmail.com
408-297-7212

Without the support of individuals just like you we would not be open to serve our ladies in need.

Thank you for your support!!

