

GOOD NEWS FROM thrive *Monica's Story*

Monica and her 5 children were struggling after being evicted from a home they could no longer afford. She called Thrive to secure her place on the housing waitlist, but she knew it would take months before it was her turn. Monica took 4 of her children to stay with family in Georgia, but her oldest is working on his final year of high school, so he wanted to stay in Hendersonville. Monica decided to allow her son to stay and finish school, but this posed a problem for them. Most shelters will not allow an 18-year-old male to stay with his mother; because of his age, Monica's son would have to sleep with the other men in the shelter at night. This was particularly concerning for Monica because her son had been recently diagnosed with a mental illness and she did not want him in that setting alone. The only choice the family had was for the son to stay with a friend indefinitely, and Monica ended up staying in her car. This living situation was not sustainable. The school system wanted the young man to have a more stable home, so they helped him secure a spot Only Hope WNC, the local shelter for young men. Monica agreed to let her son stay at Only Hope WNC because she felt it was a safer, more stable environment for her son until they were reunited in housing. After many months of waiting, Monica received a call from Thrive that she had made it to the top of the waitlist. Now the struggle began for her to find 4-bedroom housing unit that was affordable. This is not an easy feat, but it was necessary to house the family of 6. The Thrive Case Manager for this family had been contacted by someone with a 4-bedroom home that was being renovated. Unfortunately, the rent amount was too high. The Case Manager worked with the landlord and convinced them to lower the price by \$300 a month, which would fit the family's budget. Once negotiations were finished, the family of 6 moved into housing on February 1, 2022. The family is back together and have ended their homelessness! We are so thankful for the resources in our community – we are thankful that the young man in this story received support from the school system and that he was able to stay

at Only Hope WNC so he could have stability and finish school. We are thankful for the landlord who heard about Thrive from a friend and decided to rent to this family rather than putting the housing unit out on the open market. Without a village of helpers, this family might still be experiencing homelessness.

D9 Brewing Co. Featuring Thrive in May
Thank you to D9 Brewing Co. in Downtown Hendersonville! During the month of May, any time you visit D9 and make a purchase, you will have the option to round up for Thrive. We are so grateful for this partnership with a Main Street business, and we hope you will make a special trip in to say thank you to D9 owner, Scott Hettig, for supporting nonprofit organizations in the community. Watch for more information about D9 events in the month of May – Thrive will be hosting some Happy Hours at D9 where you can come and meet with Board Members, win some great prizes, and round up for Thrive!

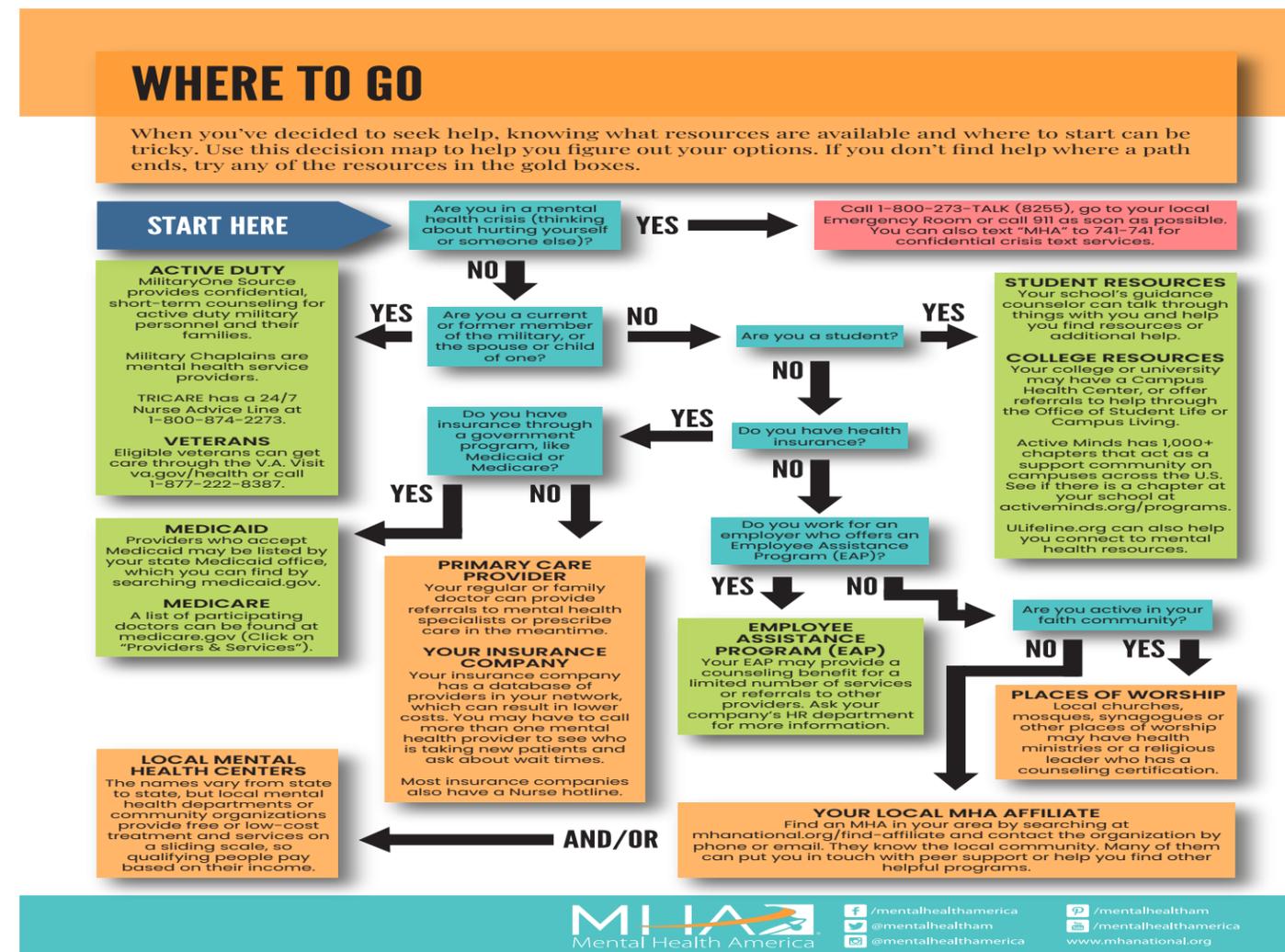


Mental Health Month

May is Mental Health Month, and at Thrive, we celebrate this time every year. We want to make sure that people are talking about mental health and that we are working to erase the stigma surrounding mental health once and for all! We have all seen that the stress of the pandemic has taken a toll on the mental health of many people, so it seems more important than ever that we put this issue out in the open and have real conversations about it. What if you are not feeling your best lately? What should you do? How will you know if you need help? Take time to ask yourself about your thoughts, feelings, and behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- Have things that used to feel easy started feeling difficult?
- Does the idea of doing daily tasks like making your bed now feel really, really hard?
- Have you lost interest in activities and hobbies you used to enjoy?
- Do you feel irritated, possibly to the point of lashing out at people you care about?

Our society focuses much more on physical health than mental health, but both are equally important. If you are concerned about your mental health, there are several options available. You are not alone – help is out there, and recovery is possible. It may be hard to talk about your concerns, but simply acknowledging to yourself that you're struggling is a really big step. Taking a screen at mhascreening.org can help you to better understand what you are experiencing and get helpful resources. After that, consider talking to someone you trust about your results, and seek out a professional to find the support you need. Take a look at this flowchart to get moving in the right direction for you.



Volunteers Needed!

Are you looking for a way to give back in the community? Thrive needs volunteers! We need people at the Clubhouse – you could tutor Clubhouse members who are working toward a GED or college courses, or you could lead an activity like a wellness walk or chair yoga. Our Housing Program needs volunteers to help pick up furniture donations and move them to our storage unit, and then move items from storage to client homes when they move into housing. We also need volunteers to help with event planning. Thrive has fundraising events every May and October and we would love to have you help out with those events! If you think you might want to volunteer, contact Tracey Gruver at tgruver@thrive4health.org or 828-231-2548.



Tracey Gruver
Development &
Communications Director

Tips for Thrive

Sideways
FARM & BREWERY
ETOWAH, NC
BEER GROWN HERE

thrive
moving people from surviving to thriving

The folks at Sideways are doing it again - 100% of tips received in May will be donated to Thrive!

Visit Sideways Farm & Brewery any day from May 1-31 and tip big for Thrive!

thrive

moving people from surviving to thriving

May
June
July
Quarterly Newsletter
2022

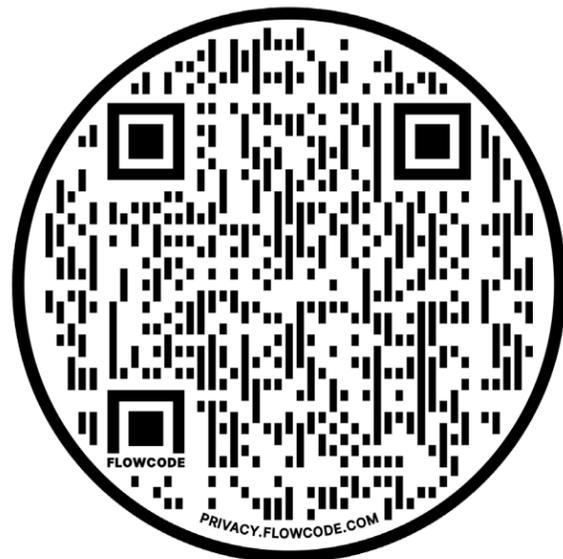
Let Love Brew

Coming up on May 21, Thrive will host the first in-person afternoon tea since 2019! We are so excited that we get to do this event live this year after 2 years of doing it virtually. The event is sold out and we can not wait to see our friends and supporters to celebrate the work of our organization. And, of course, we are

excited about the tea and pastries, too! Thrive would like to thank Champion Comfort Experts for sponsoring Let Love Brew this year. We could not carry out our mission of helping people to move from surviving to thriving without the support of local businesses like Champion Comfort Experts!



THANK YOU for giving! In the last few months, our Thrive supporters have gone above and beyond with donations of furniture and housing supplies. We have received couches, tables, chairs, dressers, mattresses, sheets, bedding, towels, cookware, dishes, and more! We want to say a big thank you for those who donated these items. Please know that these items are given to clients almost as quickly as they come in, so please don't stop donating! We can always use household items and we are so grateful for your help in providing these things to our clients



Want to know how you can support Thrive today? Make a donation online at thrive4health.org any time. Scan the QR code with your phone and donate that way! Or send a check with the envelope provided. As always, thank you for your support. We couldn't do our work without you.

For a limited time, Thrive is partnering with Pisgah Coffee Roasters to offer Thrive Coffee! You can purchase a 12 oz. bag of coffee beans for \$14 and HALF of the cost will be donated to Thrive! They even have a bundle of coffee and tea from Asheville Tea Company available. To purchase your Thrive Coffee, head to <https://pisgahroasters.com/collections/signature-roasts>. Order your beans now as this offer will only last until May 31.



Don't want to order online? You can purchase Thrive Coffee Beans at The 2nd Act Coffee, Wine, and Craft Beer Bar in Downtown Hendersonville! Thank you to Michael Willey of The 2nd Act for participating in this fundraiser!

