

# CHOM

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## HOUSTON'S HOMELESS GET THEIR ART ON

*Girl Scout brings craft project to The Beacon, enabling homeless clients to de-stress and experience the emotional and physical benefits of crafting*



A homeless Beacon client chooses from a variety of color paints, craft paper, and decorations.

Houston, TX – We have all heard about how therapeutic crafting can be, and in light of the stresses of these economic times, crafting has been suggested as a great way to cope, de-stress, relax, and feel a sense of accomplishment. The homeless of Houston are experiencing a great level of stress many of us can only imagine and are rarely given the opportunity to express themselves creatively. With this in mind, Girl Scout Victoria Noble, age 17, brought the creative outlet to The Beacon's homeless clients. On her Father's Day weekend, this Girl Scout, from Girl Scout Troop 4384 in San Jacinto Council, relaxed with The Beacon's homeless clients, assisting them as they designed, stenciled, and painted wooden plaques that the clients could take away with them. Ms. Noble provided art supplies, snacks, and positive and caring energy.

The Beacon is a program of Cathedral Health & Outreach Ministries (CHOM), which provides day shelter, hot meals, clothing, laundry services, private showers and lavatory facilities, and case management to the homeless of Houston and Harris County. The Beacon serves approximately 525 clients daily and some days, surpasses 600, 700, or even 800 clients. Its days of operation include both Saturdays and Sundays, days that most other homeless service providers are closed.

“We are delighted and touched that this young Girl Scout came to The Beacon to spend her weekend with our homeless clients and that she considered the emotional needs of the individuals we serve and designed and orchestrated this craft project,” says Tracy L. Burnett, LCSW, Executive Director for CHOM. “Experts have pointed out that crafting has proven emotional and physical health benefits. Crafting provides our clients with relaxation and allows them to escape from their current worries, struggles, and challenges. The clients walk away feeling more empowered when they have been able to express themselves creatively through crafts. We hope that we will be able to continue providing these artistic outlets to our clients on a monthly basis as the benefits are so great.”

Girl Scouts of the USA is the world's preeminent organization for girls, with a membership of more than 3.7 million girls and adults. Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. Chartered by GSUSA to provide Girl Scouting locally, Girl Scouts of San Jacinto Council is one of the largest Girl Scout councils in the country serving more than 65,000 girl members and 17,000 adults in 26 southeast Texas counties. For more information call 1-800-392-4340 or visit [www.gssjc.org](http://www.gssjc.org)



Girl Scout, Victoria Noble, holds one of the art projects, a dark, starry sky over a green forest, given to her by a Beacon client.

*CHOM is a 501(c)(3) nonprofit organization providing social and health services to poor and homeless men, women, children, and youth living in the Houston area. The mission of CHOM is to respect the human dignity of the poor and improve their lives. CHOM is serving the poor and homeless through four distinct programs: The Beacon, a day center providing essential services (food, clothing, laundry services, and shower facilities) and case management to help individuals address the root causes of their homelessness, and also includes the Homeless Youth Street Outreach Project, an off-site component that provides case management and licensed mental health counseling services to homeless youth; Brigid's Hope, a transitional residence serving homeless women who have left the Texas prison and jail system; Cathedral Justice Project, a legal aid program providing pro-bono legal services to the homeless; and Cathedral Clinic, a health clinic providing medical and mental health services to poor and homeless men, women, children, and youth.*

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