



Weekly Message

Dear Friend,

When Sandy learned she had secured transitional housing, it should have been a moment of celebration. But, instead of joy, she felt a pang of fear. Leaving the city meant leaving everything familiar, including The Women's Room, a place that had become her daily refuge and source of strength.

The transition wasn't easy. Sandy struggled to adjust to her new surroundings, feeling overwhelmed and isolated in an unfamiliar community. But just because she had moved on didn't mean The Women's Room had moved on from her.

On the hardest days, Sandy knew she could still call Jenny and Jane, the caring team members who had walked with her through so much already. There were times when those calls were simply to cry and let out her worries. And every time, she was met with compassion and understanding.

When Sandy visited The Women's Room again, Jane sat with her for hours, mapping out her new city. Together, they found local churches and nearby stores to help her feel more grounded. Sandy's car troubles were another hurdle, so the team enrolled her in the TAP Life program, ensuring she had access to free public transportation to visit The Women's Room whenever she needed.

Sandy's story is a testament to The Women's Room's commitment to showing up for its guests at every stage of their journey. Housing may have marked a new chapter, but it wasn't the end of Sandy's story or of the support she would receive.

At The Women's Room, the journey doesn't stop when the housing is secured. It continues with the belief that everyone deserves a steady hand, a listening ear, and a place to belong, no matter where life takes them next.

It is for women like Sandy, and the hundreds of other guests at TWR, that we are excited to present [EmpowerHER](#), a three-week

series *designed to celebrate and support women through wellness, creativity, and community.* In conjunction with Women's History Month, the three events illustrate the kinds of opportunities our TWR guests have each day, feeding mind, body, and spirit. We hope that you will join us, either as a sponsor, or by purchasing tickets for one of the events taking place: March 15th for a [Wellness Workshop](#), March 18th for [Books and Bouquets](#), and March 23rd for [Women's History Trivia Night](#). All genders are welcome! All of the information about the events and ways to support them are on our [website](#).

As we continue to support our community, both folks affected by the Eaton Fire and those facing everyday challenges and vulnerabilities, we know we can count on all of you to help us fulfill our motto, "doing together what we cannot do alone."

Blessings and have a lovely weekend,
Rabbi Joshua



P.S. It is hard to believe, but it's time to "spring forward," so turn your clocks ahead this weekend.

We can only operate with your help!

Donate today to support our community!

Forever Friends Legacy Society

Get Social



**We are deeply grateful to the
Pasadena Community Foundation**

They awarded Friends In Deed



another \$50,000 to help us respond to the impact of the fire on our community...[Read more.](#)



A huge shoutout to the Lombardy Running Club for going the extra mile for our Food Pantry!

Your generous donation helps us provide essential groceries to over 600 households each week. Thank you for running with purpose and giving back to our community...[Read more.](#)

empowerher

EmpowerHER: Lifting Up Women, Wellness, and Creative Expression

In honor of Women's History Month in March, Friends In Deed is excited to present EmpowerHER, a three-week event series designed to celebrate and support women through wellness, creativity, and community.

Wellness Workshop

Saturday, March 15th
9:30 a.m. - 12:00 p.m.



Unwind and recharge with a guided yoga and meditation session, followed by a custom aromatherapy blending workshop.

[Purchase Tickets](#)



Books & Bouquets

Tuesday, March 18th
6:30 p.m. - 8:30 p.m.

Join us for an engaging book discussion, followed by a hands-on bouquet arranging workshop where you'll design your own stunning floral creation.

[Purchase Tickets](#)



Women's History Trivia Night

Tuesday, March 25th
7 p.m. - 9 p.m.

Test your knowledge with an exciting game night, featuring trivia focused on remarkable women in history! Compete for fantastic prizes from local businesses.

[Purchase Tickets](#)

News and Events

We're Hiring!

Friends In Deed is looking for a

Grants Manager to join our dynamic Development team! This full-time role will manage and grow our portfolio of foundation, government, and corporate grants—helping to sustain and expand our life-changing programs.

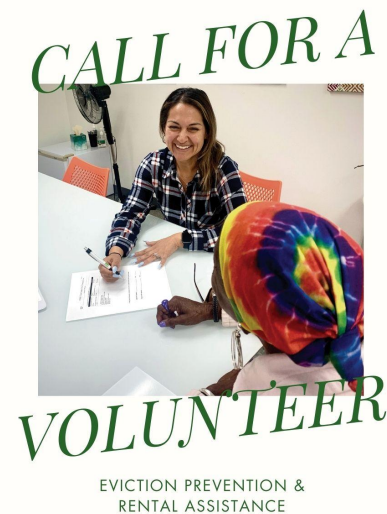
[Learn More.](#)



Volunteer Needed!

The Eviction Prevention and Rental Assistance (EPRA) program is seeking a volunteer to help log voicemail, email, and online applications for assistance.

Please send an email to [Stacey McCarroll](#), Director of EPRA, if you would like to find out more about the opportunity.



Bad Weather Shelter

The Bad Weather Shelter is open at Trinity Lutheran Church on a weather-activated basis from January 9th through April 30th.

[View more information on our website.](#)





2025 UPCOMING EVENTS

EmpowerHER: March

March 15: Wellness Workshop

March 18: Books & Bouquets

March 25: Trivia Night

Mayor's Interfaith Prayer Breakfast: May 1

Pasadena Convention Center

Golfing for Good: June 9

Brookside Golf Club

Stories from the Street: June

One Colorado

Cooking for a Cause: September

Agnes Restaurant and Cheesery

Event dates are subject to change

www.friendsindeedpas.org

WOMEN'S HISTORY MONTH



MARCH 2025

Friends In Deed is committed to fostering, cultivating, and preserving a culture of diversity, equity and inclusion. We embrace and celebrate the spectrum of our employees', volunteers', and clients' ages, color, ability or disability, ethnicity, family or marital status, gender identity or expression, language, national origin, physical and mental ability, political affiliation, race, religion, sexual orientation, socio-economic status, veteran status, neurodiversity, and other characteristics that make our employees, volunteers, and clients unique.

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