

Linda and her family found themselves in crisis right in the middle of a pandemic, but she found the courage to call and ask for help.

Linda was pregnant, caring for two other children and just found out her husband and daughter had tested positive for COVID-19. "I was scared and had absolutely no idea where to start. We had just moved to the area, I didn't know where to find information, the hospital was telling me to quarantine my daughter, and we had no income with my husband sick and out of work," Linda said.

In her own words...

Life as we knew it was unraveling, but the CAPC came to our rescue. During our initial meeting, they talked to us to find out our needs & immediately connected my daughter to therapy; she was terrified, didn't understand why she had to be quarantined, and was feeling so alone, my heart was breaking. Counseling gave us the tools to help us manage her anxiety and ways we could talk to her to reassure her that being sick wasn't her fault.

The CAPC Family Intervention program also helped me enroll my children into childcare/preschool programs immediately, giving me the respite necessary to work with our Family Advocate and apply for disability for my husband. It didn't stop there: they also helped me sign up for utility assistance (United Way) so that I wouldn't fall behind on our bills, and connected me with food resources, including weekly meal deliveries and food boxes. They were even able to sign me up for a Pandemic EBT card and WIC, ensuring I would have healthy meals for myself and my family throughout my pregnancy.

While Helping my family, Jessica also noticed my youngest daughter displaying aggressive behaviors and recommended we make an appointment at VMRC. I fully trusted Jessica, so I took her advice. My youngest daughter was later diagnosed with autism, and thankfully, we've already started working on behavior plans and resources to give her the best chance at success as she enters school.

Today I am the new mom to a beautiful baby girl. She spent some time in the NICU, but because of the CAPC and Jessica's support, I was able to concentrate on her health and getting her home. Money has been tight with my husband on disability, but the CAPC connected me to Ray of Hope to assist us in obtaining baby clothing and other baby items. I could feel myself breathing again. I was so thankful for all the help I received from my Family Advocate, Jessica. CAPC's Family Intervention program helped me see the light of day!

My advice to other struggling families? Call the CAPC. Don't be afraid to ask for help, and don't be shy or ashamed. We all need help sometimes, and you don't have to do everything by yourself.

To the generous donors that contribute to the CAPC in time or donations, thank you: I hope our story shows you that YOU are making a difference!

The Family Intervention program connected Linda to community resources and information, giving her the ability to improve the lives of her family. Linda gained a better understanding of her parenting responsibilities, how to advocate for her children at school and Dr. appointments. With her husband back at work, she no longer needs many of the services but is confident that if/or when another crisis occurs her family will remain strong because she has the knowledge and confidence to navigate the system and ask for help.

For more information about Family Intervention and Safety Net programs, contact Isabel Flores, Program Manager at (209) 644-5371 or email iflores@nochildabuse.org.