

Dear Friends,

Thank you for helping us ensure women at our shelters have a warm, welcoming place to rest and heal. And, sometimes, just a quiet place to learn a new skill – Cathy is studying to complete the degree she needs to pursue her chosen vocational field. She needed access to a computer so she could take her online classes. Her case manager helped Cathy get a laptop and find dedicated time in the quiet of the conference room for her classes. Cathy is focused and working hard to get her degree.

The cold and rain of the coming months will bring more women to seek warmth and safe shelter at Helen's Place and Sophia's Place. Your donations help us provide women with what they need – coats and blankets to stay warm, rain jackets and boots to shelter from the rain, and hot meals to provide nutrition.

You can gift these items and many more through our [Holiday Gifting Program](#), making it a joyful season for women, and also [sign up to provide a meal](#).

Next month, we will be celebrating our 14th anniversary on December 8th. We are planning a day of meaningful engagement opportunities for you to join us in celebration. Keep an eye on your email for more soon!

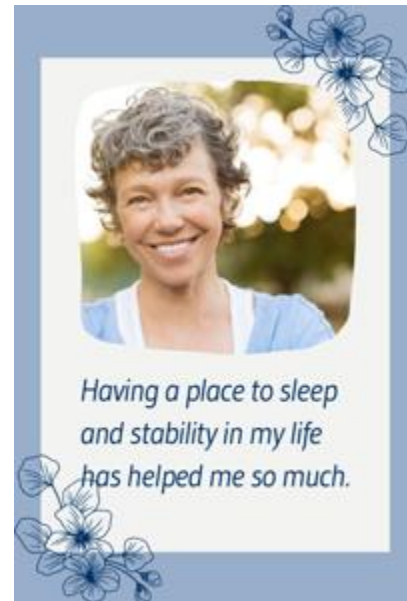
With gratitude,



Dietra Clayton
Managing Executive Director



Zee Peters
Executive Director
Development & Engagement





The 2023 meals calendar is here!

Food can provide so much comfort for the women sheltering with us, and you help make that possible.

You can prepare the meal yourself, with a group, or order from your favorite restaurant. Sign up for a one-time meal donation or be a regular donor. You can select a date in advance, possibly to commemorate an important or meaningful day for you.

We also have opportunities to provide a hot breakfast on weekends.

[Sign Up](#)



You make the holidays special for women!

Your donations will help create gift bags for more than 150 women and let them know they have a community that cares for them. Check out our Amazon wishlist for new items to fill the gift bags.

[Wishlist](#)

We also need Gift Cards (\$25 denomination) from stores such as Fred Meyer/ QFC, Target, Amazon, Safeway/Albertsons, Walmart.

Mail to The Sophia Way, 1100 Bellevue Way NE, #8A-110, Bellevue, WA 98004

Questions? Email [Megan Duncan](#)

Your support helps women thrive

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[Nourish](#)

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Seeking people to join our team! [View all opportunities](#)



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The Sophia Way

<https://sophiaway.org/>