



## The Lewith Cottages - A Beacon of Hope for Senior Women

For many senior women, the journey to find a safe and supportive home can be fraught with challenges. The Lewith Cottages offer them a beacon of hope. Here, [women find not just housing but a community](#) that supports them in rebuilding their lives. The partnership between the Carrie Lewith Charitable Trust, which provides the cottages, and The Sophia Way, which provides transitional housing support to the women, is a shining example of impactful collaboration.

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## Student Spotlight: Compassion in Action

*Anusha Chintalapati, an inspiring 8th grader at The Overlake School, recently cooked and donated 20 meals each for 30 days to The Sophia Way! She shares the impact of this experience.*

The '30-day project' was part of our social studies curriculum. It challenges students to examine an issue or idea, focusing on a topic we consider very important. The goal is to empower students to become independent leaders and help them see their ability to make a change and an improvement in the issues they care about.

My project involved delivering meals to The Sophia Way shelters. During this time, I used my love for cooking to help others. Food insecurity is a huge issue, and this experience allowed me to do my part. Throughout the project, I learned more about food insecurity in Washington and what's being done to support impacted families. This experience helped me connect with people engaged in this issue and gave me a greater sense of gratitude. I also educated my friends and family about this issue and encouraged them to join me in this effort. I believe food is a fundamental right, and I want to do my part by continuing my support for those in need to ensure that everyone has access to this necessity.



## Juneteenth Donation Drive

Did you know that hair care products for Black and textured hair are often hard to find? This Juneteenth, The Sophia Way is partnering with [Friends of Youth](#), [Mary's Place](#), [Porchlight](#), [Treehouse](#), and [YouthCare](#) for a special donation drive. We are collecting Black hair care products to ensure everyone has access to the products they need. **Support this initiative by donating black hair products. Make it a double win by purchasing from local Black-owned hair stores and local brands.**

[View wishlist and drop-off details](#)



## Community Spotlight

It is estimated that 20-40% of individuals experiencing homelessness identify as part of the LGBTQIA+ community, despite only comprising about 5-10% of the general population. This population faces numerous challenges, including mental health issues, abuse, discrimination, racism, and xenophobia, further complicated by intersecting identities.

Recognizing these unique struggles, The Sophia Way is dedicated to supporting female-identifying individuals experiencing homelessness in an equitable manner. Our shelters provide resources for mental and physical healthcare, inclusive hygiene products, and harm reduction supplies. We offer ongoing staff training in cultural humility, trauma-informed care, and diversity, equity, and inclusion (DEI). The Sophia Way is committed to continuously enhancing our services to create a safe and supportive environment, helping all female-identifying individuals attain and maintain permanent housing.

## Event Spotlight



Celebrating Community!  
June 2

The rain couldn't dampen our spirits at the Summer Community Brunch as we had an amazing time celebrating the resilience of the women we serve. With the support of our donor community, Salt House Church, and our staff and volunteers, the event was a resounding success. The women we serve were able to refresh their wardrobes and receive personal care, including professional haircuts.

[View some heartwarming moments on our Facebook photo gallery](#)

## Events & Meetings

### Stepping out in Faith

Join us for lunch on Friday, June 21 at the beautiful Bellevue Botanical Gardens to learn about the 15-year journey of The Sophia Way. We will be celebrating the many partnerships, particularly from the faith community, that have helped us along this journey. [Register now!](#)



### Support Network meeting

Discover a vibrant network of dedicated supporters—faith communities, civic groups, and individuals—coming together to provide shelter, safety, and stability for women experiencing homelessness. Stay informed and get the latest updates on our efforts and achievements. [Register for the next meeting on June 25](#)

### Beer for a Purpose!

We are honored to be one of the organizations supported by Midlakes United! Join us in the beer garden on June 14 and 28 when we will be there, serving PostDocs beer and enjoying the match! [View the schedule](#)



Your gift will give women a path  
to stability and a better future.

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*Note: We are taking a summer break at our Donation Center and will resume accepting donations in-person on August 7th.*

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