



Celebrating 4 years!

We are excited to mark the 4th anniversary of [Helen's Place](#) on August 19th! This significant achievement is a testament to the unwavering support from our incredible community.

Over the past four years, Helen's Place has provided shelter and stability to more than 370 women, with 88 finding their home. It has been a sanctuary of hope, offering not only a safe place to stay but also essential resources to help women rebuild their lives. From case management to training and life-skills workshops, our dedicated staff is committed to empowering women every step of the way.

The impact is evident in the stories of those who have come to the shelter. For instance, one client who faced chronic homelessness found a turning point at Helen's Place. Her primary obstacles were lack of income and mental health issues. Through a collaborative effort with her case manager, she was connected to vital mental health resources and assisted with applying for Social Security Income. This comprehensive support gave her newfound hope for the future. Another client, who had never learned to drive, was supported by her case manager in finding a cost-effective driving course and provided with a driver's manual for the written test. She is now on her way to gaining this important skill, which will enhance her independence and opportunities.

We extend our deepest gratitude for your ongoing support. Here's to continuing this journey and making an even greater impact in the years to come!



We were delighted and honored to welcome **Congresswoman Suzan DelBene** to Helen's Place on July 19th. Marc Vermouth, Director of Development gave a tour and shared about the mission of The Sophia Way and the role that Helen's Place plays in giving women shelter and safety on their journey out of homelessness.

"It was great to visit Helen's Place in Kirkland to learn more about the incredible support they provide women experiencing homelessness on the Eastside, including safe shelter, essential services, & other resources," shared the Congresswoman on her Facebook page.



Making a Difference: The Power of Corporate Volunteers

The heart and soul of The Sophia Way's mission lie in the spirit of volunteerism. Every volunteer who walks through our doors brings a piece of their heart, none more so than our corporate volunteers. Their dedication, energy, and resources are vital in supporting our mission to help women experiencing homelessness. Megan Duncan, Engagement Manager, shines a light on these incredible individuals and shares just how essential and impactful their involvement is.

[Read More](#)



SPOTLIGHT

Ashwari Shende is a junior high school student at International Community School (Kirkland). Three years ago, inspired by a visit to Helen's Place, she started the Summer Bakery to raise funds to support The Sophia Way.

I had the opportunity to visit Helen's Place, The Sophia Way's Kirkland shelter, with my mother and was struck by the compassion of the staff and volunteers, as well as the strong sense of community I saw there. I also noticed the need for products and services besides meals and wanted to do more by raising money to support in any way I could

I have always loved baking, and the women in my life have greatly influenced that love. It started with watching my mom create what then seemed to me like magic in the kitchen and grew to intense curiosity as I observed my mother's best friend in India whip up sweet treats for her small business. At first, I would beg my mother to let me help her by measuring and stirring the ingredients; once I was old enough to bake on my own, I was hooked.

Inspired by these experiences, I merged my passion for baking and my appreciation for the women who have impacted me so deeply with my desire to help The Sophia Way, and thus, [The Summer Bakery](#) was born. The Summer Bakery is an online business that I operate out of my home kitchen during the summers. For the past three years, every summer, I [bake desserts once a week](#) and deliver them to customers who place orders via my website. All sales proceeds have been donated to The Sophia Way!

It has been incredibly fulfilling to combine my love for baking with a cause so close to my heart. Each order not only brings joy to my customers but also contributes to the support and empowerment of women in need.



Spotlight

Every year, we appreciate the Support Network with a picnic celebration. This year, Marianne M. Jones, Executive Director of the Carrie Lewith Charitable Trust, generously invited us to [The Lewith Cottages](#). The Trust, in partnership with The Sophia Way, offers these cottages as transitional housing to women over 62. Marianne gave a tour, and Lucy Lincicome, our Housing Case Manager, shared how the cottages provide stability for two years. The Support Network members were delighted to see the cottages and spoke with a guest moving to her new place. We are grateful to our Support Network members for all they do.

Resilience and Renewal Celebration



From humble beginnings—eight mats on a church floor—to providing shelter, safety, and stability for a hundred women every day, our 15-year journey is truly a cause for celebration, and we want you to be a part of it! Join us on Saturday, December 7 to celebrate the remarkable resilience of the women you support. [Save the Date and Register](#)

Stay Connected via Text!

We are excited to announce a new way to engage with and stay connected with The Sophia Way! We will share updates, inspiring stories, and the impact of your donations via text message. **When you receive a text from 425.207.4435, you can trust it is from The Sophia Way.** Thank you for supporting women on their journey to stable living.



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

[My Gift](#)

[Get Involved](#)

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To protect client privacy, we use assumed names and stock images in our newsletters and fundraising appeals.

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