



Walking Alongside

Since its inception, The Sophia Way has embraced the ethos of *'walking alongside'* women experiencing homelessness. This philosophy, championed by our late founder Helen Leuzzi, emphasizes that our mission is not just to provide immediate shelter and safety but to create a comprehensive continuum of care that supports women on their journey from homelessness to stable living.

[Read More](#)

You Are Invited!



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.

[Register](#)

To make this celebration accessible to everyone, we're reaching out for your support with the event expenses. Crowdfunding allows our community to come together and contribute. Create your personal fundraising page and inspire friends, family, and colleagues to support this special celebratory event.

[Crowdfund to Support](#)



Volunteer Spotlight

Sille Ostergaard is a true star volunteer at our Donation Center! Her dedication and hard work in unpacking, sorting, and organizing donations help ensure that the women we serve receive the essentials they need. We are immensely grateful for her time, energy, and the positive spirit she brings to every shift.

Sille shares why volunteering at The Sophia Way is meaningful to her.

[Play the Video](#)

Make a Difference Today!

As we approach the end of the year, it's the perfect time to get involved and make a difference! From our Caring Community Brunch to our Holiday Gifting Program, your support will bring warmth and joy to the women we serve.

We're also looking for **Office Volunteers** to help with data entry and administrative tasks, which can be done from home or in the office Monday through Wednesday!

Email [Megan Duncan](#)



Caring Community Brunch – October 19

A joyful opportunity for women to refresh their wardrobe, enjoy makeovers, play games like bingo, and connect in a supportive, laughter-filled atmosphere.

New items for the wardrobe refresh: Donate new winter coats, boots, sweatpants, and unopened makeup through our [Amazon Wishlist](#) or drop them off in person at our Donation Center, open Wednesdays from 12 to 2 pm.

Volunteer: We're looking for volunteers to help with set-up, clean-up, welcoming guests, assisting with shopping, bingo calling, and kitchen duties. Email [Megan Duncan](#)

Become a 2025 Meal Donor

Meal donations are vital to supporting the women in our shelters. Sophia's Place in Bellevue serves lunch to 30 and dinner to 21 women, while Helen's Place in Kirkland feeds 40 women daily. Whether you cook or order from a restaurant, every meal brings comfort and care.

Want to make a bigger impact? Recurring meal donors help provide a steady source of nourishment. Email [Megan Duncan](#) by October 31st to preblock dates before our sign-up opens in November.

For more info and updated meal guidelines, visit <https://sophiaway.org/nourish/>





Holiday Gifting Program – Donate by December 4

We're preparing 170 gift bags to spread holiday cheer for the women in our programs, from those recently housed to those in outreach. Your support will make the holidays brighter!

New items needed:

- Robes, slipper socks, chapstick, spa masks
- Coloring books, tumblers, umbrellas
- \$25 gift cards (Starbucks, Target, etc.)

Donate through our [Amazon Wishlist](#) or drop off at our Donation Center on Wednesdays, 12 to 2 pm. For more info, email [Megan Duncan](#)



Announcing the Launch of Our Youth Engagement Committee

We're excited to introduce our new [Youth Engagement Committee](#), a dynamic group of young leaders passionate about addressing homelessness in our community. This committee will help shape projects and initiatives that directly impact the women we serve, giving youth a voice and platform to make a difference.

If you're a high school student and want to get involved, [apply today](#) to join this inspiring group! Applications are open, and we encourage anyone interested in community service and leadership to apply. The time commitment includes monthly meetings and additional volunteer planning hours. Our first Zoom meeting will be Tuesday, October 29, from 5:30 to 6:30 pm.



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

[My Gift](#)

[Get Involved](#)

[Connect](#)



Stay connected via text to get updates and the impact of your donations. When you receive a text from 425.207.4435, you can trust it is from The Sophia Way.

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