

SUMMER NEWSLETTER



"Healing begins with the love of a family — where hearts are open, hands are extended, and every moment together is a step toward wholeness."

New Beginnings: Growing Together

There's a special kind of magic in the way new beginnings unfold. It's the excitement of fresh starts, the courage to step into the unknown, and the beauty of growing together. At Hands of Healing, we've witnessed this transformation countless times – from the very first day a child enters a foster home to the moment a family starts to feel whole again.

Take Mia, for example. When she first came into our care, she was unsure, quiet, and uncertain about what the future held. She had been through more than any child should ever experience, but within the walls of her new home, something changed. Slowly, she began to trust again, to smile again, and most importantly, to believe that a loving family could be hers – one that would hold her hand through every step of her healing journey.

It's in these moments – the first laugh, the first hug, the first night spent feeling safe and loved – that we see what new beginnings are all about. Families that open their hearts to these children become the roots that help them grow. They offer the love, support, and patience needed for healing, and together, they build something strong and beautiful – a family.

As we step into this new season, we invite you to join us on this journey. Whether you're a new foster parent, a seasoned caregiver, or part of our incredible staff, we're all growing together. Every small moment, every act of kindness, and every step forward is a new beginning. Together, we can create a world where every child has a place to heal, a place to belong, and a place to grow.



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A FAMILY GROWS STRONGER

Dear Hands of Healing Family,

We are so thrilled to have you here, whether you're a new foster parent, a current caregiver, a new team member, or a long-time friend of our community.

At Hands of Healing, every child matters, every story matters, and every heart matters. Our mission is simple but powerful: to create a safe, loving place where children from all backgrounds can find hope, healing, and belonging. Each one of you plays a vital role in making that mission come to life every single day.

In this newsletter, you'll find highlights from inside our Hands of Healing family, resources to support you, and even a few fun surprises along the way. We believe staying connected strengthens the work we do and reminds us that none of us walks this journey alone.

Thank you for being part of this growing, life-changing family. Together, we are not just shaping futures — we are changing the world, one heart at a time. ♥

With gratitude and hope,



Welcome New Foster Parents!

**Olga Bouable
Sheree
Tompkins
Griselda
Calderon
Deysi & Oziel
Elizondo
Aurelia Jimenez
& Isai Bulnes
Laura Jimenez
Melissa & Jesus
Lopez
Bailey & Austin
Milum
Zoraya Ramirez**

HR Corner

Don't be afraid to take a step forward because with each step that you take your path will become clearer.

WHO WE ARE

MISSION STATEMENT

Our mission is to deposit seeds of balanced mental health, happiness and hope into the hearts and minds of Youth and Families, by creating a nurturing, supportive and structured environment that will instill in them tools, principles and values that will empower them to become productive members of society and fulfill their purpose and destiny..

"WE NURTURE WITH PURPOSE, SERVE WITH COMPASSION, AND LEAD WITH INTEGRITY — BECAUSE EVERY CHILD DESERVES HOPE, EVERY FAMILY DESERVES SUPPORT, AND EVERY MOMENT HOLDS THE POWER TO HEAL AND GROW."

OUR W.H.Y

W- Who we are as an organization and what we stand for.

H- How we show up in the lives of the children and families that we serve.

Y- Our yearning to be impactful in everything that we do.

OUR CORE VALUES

Integrity:

We uphold the highest ethical standards, maintaining transparency and honesty in all our endeavors, earning the trust and respect of the community we serve.

Compassion:

We believe in approaching all individuals with empathy, kindness, and understanding, fostering a culture of care and support for those in need.

Accountability:

We take responsibility for our actions and decisions, ensuring accountability at all levels of the organization to maintain the highest standards of performance and service delivery.

Respect:

We treat everyone with dignity, valuing the perspectives, contributions, and inherent worth of each individual, and honoring their rights, choices, and autonomy.

Excellence:

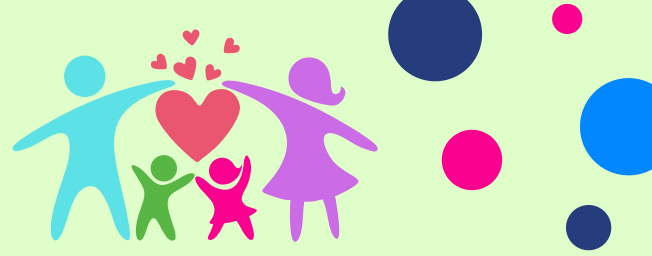
We are committed to delivering the highest quality of care and support, continuously striving for excellence in our services, programs, and initiatives.

Equality:

We are dedicated to ensuring fairness and equality in all our practices, providing equitable access to resources, opportunities, and care for all individuals, regardless of their background, identity, or circumstances.



FAMILY GATHERINGS



CASA SUNSHINE ESCAPADES

SAFARI OUTING, TRASHONISTA FASHION SHOW, EMPLOYEE APPRECIATION, SOCCER TOURNAMENT, MENTAL HEALTH AWARENESS

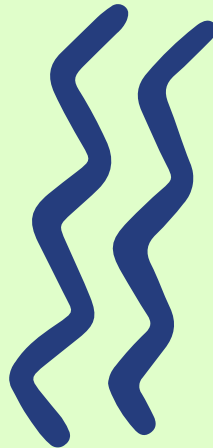


FAMILY GATHERINGS



CASA HARLINGEN'S ADVENTURES

EMPLOYEE APPRECIATION, SOCCER TOURNAMENT, QUEST FOR GLORY OBSTACLE COURSE, VOLLEYBALL TOURNAMENT, MENTAL HEALTH AWARENESS



SEASONS OF CELEBRATION

JUNE

NATIONAL REUNIFICATION MONTH: JUNE

This month celebrates the strength of families reuniting after time apart. We honor the resilience of children, the dedication of parents, and the support of caregivers who help make reunification possible.

FATHER'S DAY: JUNE 15TH

Today we celebrate the love, leadership, and strength of foster fathers and male role models. Your steady presence brings comfort, confidence, and connection to the children you care for.

WORLD REFUGEE DAY: JUNE 20TH

We recognize the journeys of displaced children and families who have overcome great hardship. Their courage reminds us why creating spaces of healing, safety, and hope matters so deeply.



JULY

NATIONAL MAKE A DIFFERENCE TO CHILDREN MONTH: JULY

This month highlights the power of showing up for children in need – as a mentor, volunteer, donor, or caregiver. Every small act of love and support helps create safer, brighter futures for foster youth.

INDEPENDENCE DAY: JULY 4TH

As we celebrate freedom, we reflect on what it means for foster children to feel safe, secure, and free to dream. Independence begins with a stable foundation and the belief that a better tomorrow is possible.



GLOBAL FORGIVENESS DAY: JULY 7TH

Forgiveness is a powerful step toward healing – for children, families, and caregivers alike. On this day, we embrace second chances and the grace that allows us all to grow beyond our past.

NATIONAL FAMILY FUN MONTH: AUGUST

Strong families grow through shared laughter, play, and simple moments of joy. This month, we encourage bonding through activities that build connection and lasting memories.

NATIONAL BACK TO SCHOOL MONTH: AUGUST

As children prepare for a new school year, we support them with routines, encouragement, and emotional care. A safe, supportive home is the foundation for academic and personal growth.

NATIONAL WELLNESS MONTH: AUGUST

Caring for others starts with caring for ourselves. This month, we focus on emotional, physical, and mental wellness for both caregivers and kids – because healing happens from the inside out.

FRIENDSHIP DAY: AUGUST 16TH

Friendship helps foster youth feel valued, seen, and supported. Today, we promote kindness, connection, and the importance of meaningful relationships.



Summer Trivia Contest

In Mamma Mia, what song do Donna's best friends sing to cheer her up after discovering that Sophie's dads are on the island?

- A:** Slipping Through My Fingers
- B:** Chiquitita
- C:** Does Your Mother Know?

In The Notebook, where do Allie and Noah meet?

- A:** The Beach
- B:** The Carnival
- C:** College

What is the typical cheese used in a Caprese salad?

- A:** Parmesan Cheese
- B:** Mozzarella Cheese
- C:** Feta Cheese

What is the recommended resting time for cooked steak?

- A:** 2-3 Minutes
- B:** 5-7 Minutes
- C:** 8-10 Minutes

What is a traditional ice cream truck treat that is red, white, and blue?

- A:** Firecracker
- B:** Space Launcher
- C:** Rocketship

Harry Style's hit single Watermelon Sugar was released as part of his second album ____?

- A:** Golden
- B:** Lights Up
- C:** Fine Line

Which band produced the classic summer hit Walking On Sunshine?

- A:** Katrina and the Waves
- B:** The Bangles
- C:** Mel & Kim

Which Taylor Swift album has the song 'Cruel Summer' in it?

- A:** Reputation
- B:** Fearless
- C:** Lover

Which city will host the 2028 Summer Olympics?

- A:** Brisbane, Australia
- B:** Los Angeles, United States
- C:** Tokyo, Japan

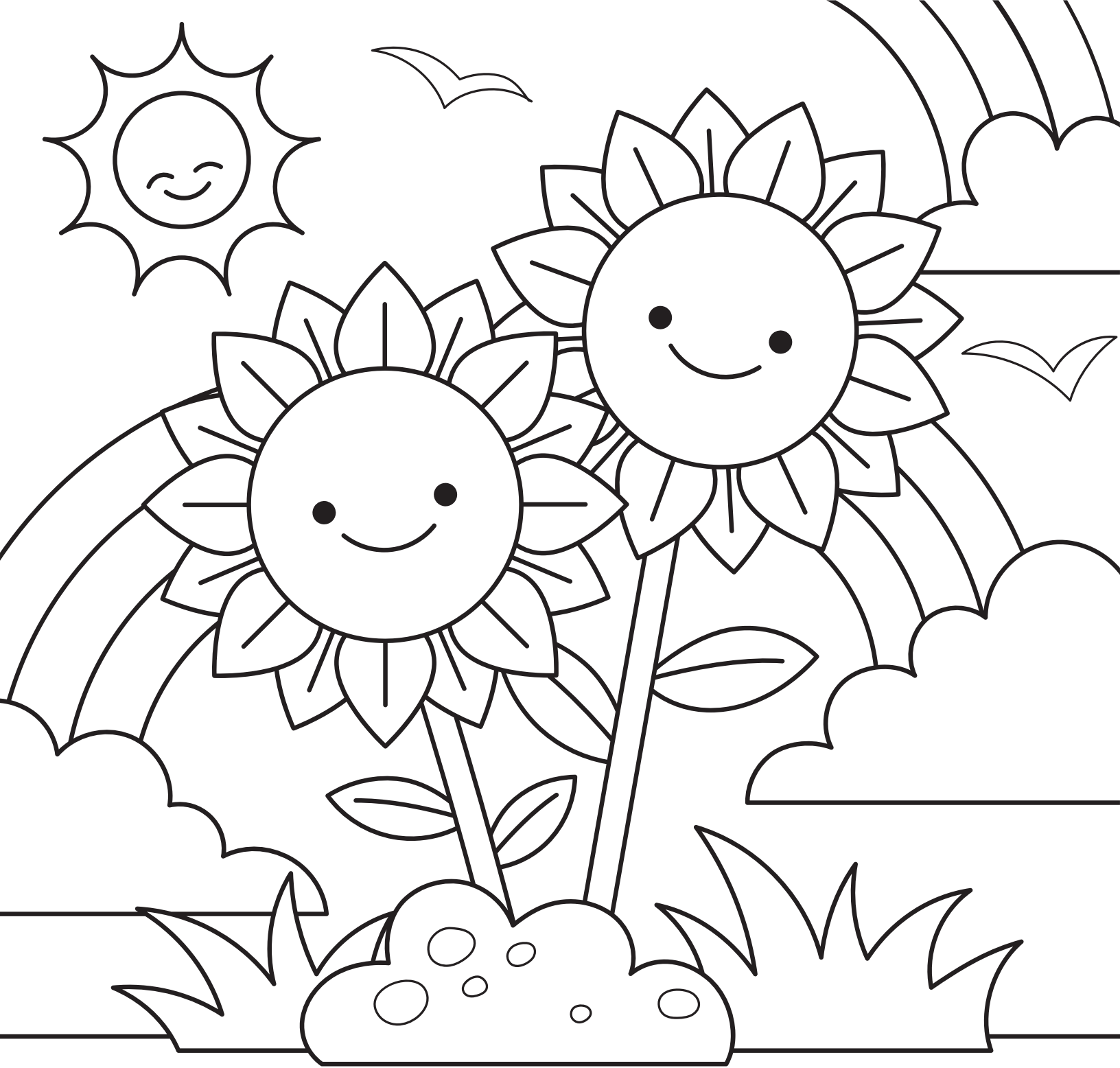
Royal Caribbean International owns the three most giant cruise ships worldwide. Which of the following is the largest of the fleet?

- A:** Wonder of the Sea
- B:** Symphony of the Sea
- C:** Oasis of the Sea

To
Take
the
Quiz

**CLICK
HERE**

Contest
Ends
June
9th



**Let your Faith be as STEADY
as the SUN, as BRIGHT as the
RAINBOW, and as STRONG as
the roots of a SUNFLOWER.**



BRIDGES TO SUPPORT

Mental Health Tips for the Summer Season

STAY HYDRATED & NOURISHED

Drink plenty of water and eat balanced meals to support both your body and your mood.

GET OUTSIDE

Sunshine boosts Vitamin D and your overall mood. Even short walks, gardening, or outdoor games can lift spirits.

MAINTAIN A ROUTINE

Summer can disrupt schedules—try to keep consistent sleep and mealtimes for emotional stability.

CONNECT WITH OTHERS

Reach out to friends, family, or support groups. Social connection is vital for mental wellness.

TAKE BREAKS FROM SCREENS

Set aside time to unplug. Replace screen time with reading, coloring, or physical activity.

PRACTICE MINDFULNESS

Try deep breathing, journaling, or quiet reflection. Even 5 minutes a day helps calm anxious thoughts.

DON'T BE AFRAID TO ASK FOR HELP

It's okay to need support. Talk to a trusted adult, counselor, or call a helpline if needed.

Resource Corner

Substance Abuse & Mental Health Services Administration:

Support for mental health and recovery.

Child Welfare Information Gateway:

Resources for child welfare and safety.

Empowered to Connect:

Trauma-informed tools for connected parenting.

Foster Care Basics:

Foundational guidance for navigating foster care.

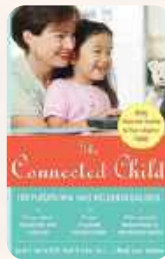
Sesame Workshop:

Comforting tools for kids facing trauma.

Books

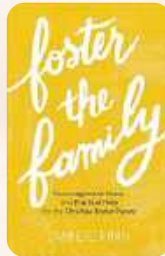
Summer Reading & Listening Lounge

For Parents



The Connected Child

Tools for parenting with love and understanding.



Foster the Family

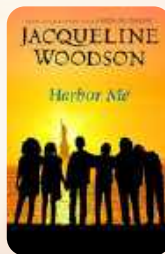
Encouragement from a foster mom's journey.



Raising Resilient Children

Help kids thrive emotionally.

For Youth



Harbor Me

Friends who learn to share and heal.



Wonder

A reminder that kindness changes everything.



Roll with It

A story of courage and independence.

PODCAST

For Parents



The Forgotten Podcast

Honest talks about foster care and faith.



The Empowered Parent

Practical trauma-informed advice.



Coffee + Crumbs

Stories for the parenting heart.

For Youth



Goodnight Stories for Rebel Girls

Real stories of real heroes.



Meditation Minis

Quick calm when you need it the most.



Unexplainable

Curious, science-filled fun.

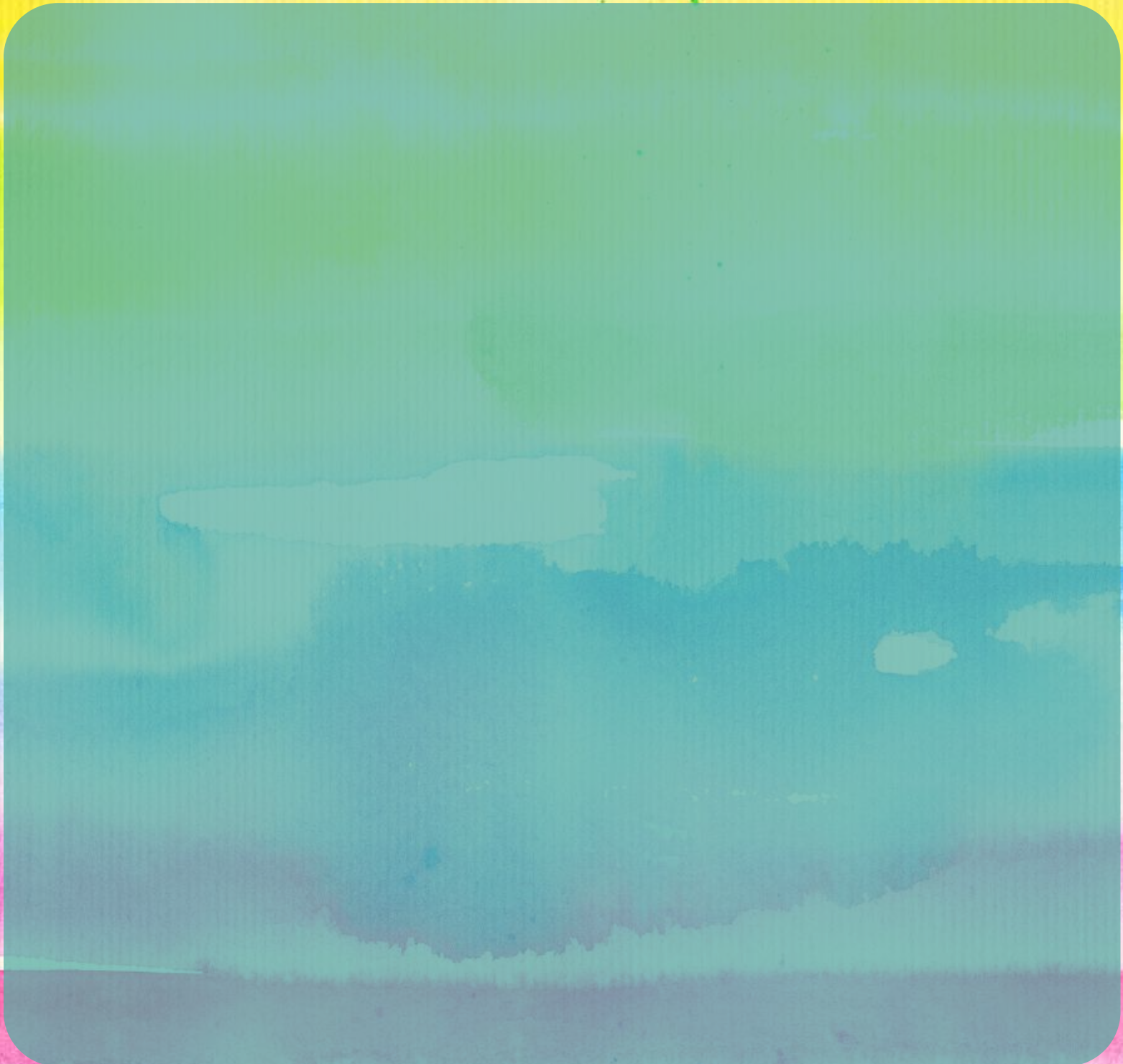
Pair a good book with a sunny spot, or listen to a podcast during a nature walk!

Did You Know?

SPENDING JUST 20 MINUTES IN NATURE CAN HELP REDUCE STRESS.

IN GRATITUDE AND HEALING

A Letter from our Vice President



FOSTER PARENT COMPENSATION

BASIC SERVICE LEVEL:

The Basic Service Level consists of a supportive setting, preferably in a family, that is designed to maintain or improve the child's functioning, including:

- Routine guidance and supervision to ensure the child's safety and sense of security;
- Affection, reassurance, and involvement in activities appropriate to the child's age and development to promote the child's well-being;
- Contact, in a manner that is deemed in the best interest of the child, with family members and other persons significant to the child to maintain a sense of identity and culture; and
- Access to therapeutic, habilitative, and medical intervention and guidance from professionals or paraprofessionals, on an as-needed basis, to help the child maintain functioning appropriate to the child's age and development.

SPECIALIZED SERVICE LEVEL:

The Specialized Service Level consists of a treatment setting, preferably in a family, in which caregivers have specialized training to provide therapeutic, habilitative, and medical support and interventions including:

- 24-hour supervision to ensure the child's safety and sense of security, which includes close monitoring and increased limit setting;
- Affection, reassurance, and involvement in therapeutic activities appropriate to the child's age and development to promote the child's well-being;
- Contact, in a manner that is deemed in the best interest of the child, with family members and other persons significant to the child to maintain a sense of identity and culture; and
- Therapeutic, habilitative, and medical intervention and guidance that is regularly scheduled and professionally designed and supervised to help the child attain functioning appropriate to the child's age and development.
- In addition to the description above, a child with primary medical or habilitative needs may require intermittent interventions from a skilled caregiver who has demonstrated competence.

SERVICE LEVEL COMP PER DAY

Basic service level: \$27.07

Moderate Service Level: \$47.37

Specialized Service Level: \$57.86

MODERATE SERVICE LEVEL:

The Moderate Service Level consists of a structured supportive setting, preferably in a family, in which most activities are to improve the child's functioning including:

- More than routine guidance and supervision to ensure the child's safety and sense of security;
- Affection, reassurance, and involvement in structured activities appropriate to the child's age and development to promote the child's well-being;
- Contact, in a manner that is deemed in the best interest of the child, with family members and other persons significant to the child to maintain a sense of identity and culture; and
- Access to therapeutic, habilitative, and medical intervention and guidance from professionals or paraprofessionals to help the child attain or maintain functioning appropriate to the child's age and development.
- In addition to the description above, a child with primary medical or habilitative needs may require intermittent interventions from a skilled caregiver who has demonstrated competence.

With all that you do, make sure that the compensation you are receiving is accurate. Take a look, and if you believe the children you serve require a review or if you would like to begin accepting children who require a higher level of care, don't hesitate to contact your Program Administrator or Case Manager to discuss possible changes.

RESOURCES REFERENCES



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POSITIVE PARENTING TIPS

SAFE KIDS WORLDWIDE

TEXAS HOUSING ASSISTANCE

FNS NUTRITION PROGRAMS

FNS CONTACT US

DFPS TEXAS YOUTH HOTLINE

SNAP

DFPS - SERVICE LEVELS FOR FOSTER CARE

FOSTER CARE SUPPORT GROUPS ONLINE

COMMUNITY RESOURCES

988 SUICIDE & CRISIS

LIFELINE

HANDS OF HEALING



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