

Impact thank you!

How You Helped Zenaida Recover and Become a Catalyst of Hope!

“Before I was an employee at The Providence Center, I was a patient.”

As we tread through the uncharted waters of the COVID-19 pandemic, Zenaida Garcia wants you to know just how much your support of The Providence Center means.

Ten years ago, no place was safe.

After countless years of enduring domestic violence, Zenaida was in a very bad space emotionally.

Things became too dangerous. Zenaida had no choice. She and her three young children left their home and traveled to Rhode Island for the chance of a better life.

Then her world really fell apart.

Zenaida lost her job. Soon after, she lost her mother and two sisters: all from cancer. Overwhelmed by debt, she was forced to move again.

“I found myself in an abyss. I felt hopeless. I stayed in bed, day after day, with the door closed — coming out only to cook for my children. I was completely numb.”

Zenaida learned from her doctor that she had clinical depression and was referred to The Providence Center. Getting help was scary, but her therapist, Sandra, put Zenaida’s fears to rest.

Sandra knew Zenaida needed more than traditional therapy and medication. She referred her to The Providence Center’s Integrated Health Home Team, who created a customized treatment plan to meet her unique needs. Zenaida worked with a team of specialists, including a psychiatrist, nurse, case manager, clinician, vocational specialist, and a mental health peer specialist — someone who has achieved recovery from mental illness themselves.

“The staff at The Providence Center worked together to ensure I received access to coordinated and compassionate care,” Zenaida said. “Not only did they prescribe medication to treat my severe depression and anxiety, they also taught me ways to improve my physical health.”

Soon Zenaida was exercising at InShape, a wellness program at The Providence Center. With the guidance of her health mentor, she developed healthy eating habits, lost weight, and finally began feeling better.



Zenaida Garcia in her office at The Providence Center

The Providence Center really thinks “whole person.” Here, Zenaida explored careers and developed her social skills. Primarily a Spanish speaker, she took English classes and joined in the center’s Latino Team for women. She felt so happy to connect with other moms like her.

“Empowered and inspired, I came back to life.”

Zenaida wanted to help others and began volunteering as a translator for The Providence Center’s patients. She was no longer tired or experiencing crippling symptoms of depression. She was ready to work.

Once again, Zenaida reached out to her therapist, Sandra, who connected her with a mental health peer specialist. Soon, Zenaida entered training to become one, too. It was tough, but in July, 2018, she began working full-time at The Providence Center.

Today, Zenaida provides crucial support to 17 women with mental illness who are struggling to cope with the social isolation and financial challenges of the COVID-19 pandemic.

“I call my patients every day. It’s so hard to hear the despair in their voices. But it’s a powerful thing to be able to be there — to offer them hope and the will to be alive.”

**URGENT!
WE NEED YOUR HELP!**

COVID-19 is taking a serious toll on the low-income and homeless patients we serve, who struggle with depression, anxiety, and addiction. We have identified 200 patients at significant risk.

Our budget cannot cover the unexpected cost of the implementation of telehealth services. You may ask, “How can I help?” Support our COVID-19 Emergency Fund: \$25 can purchase a flip phone for a homeless patient, providing access to treatment, medication, housing, and food.

Donate now at give.providencecenter.org or use the enclosed envelope.

For more information about how you can support The Providence Center, please contact:



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