



~ Sleigh bells ring, are you listening? ~

In the hustle and bustle of the end of year rush, don't forget to have a little fun! Take some time to unwind and find beauty in life.



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Your Set	tings		
M	United Way of St. Clair County Port Huron, MI Change charity		
Mallory's Phone Generating donations ON		~	
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Doing some holiday shopping?

Remember that AmazonSmile will donate a percentage of your spending to our Community Campaign. Get the most out of your giving by choosing UWSCC on smile.amazon.com and in the app.

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through Health

Presented by: Catholic Charities of Southeast MI. Mental Health Counseling . . A middle-aged woman with two teenage children was recently divorced. Her oldest, a son, had been diagnosed with diabetes. To their dismay, it is not able to be regulated and has been causing seizures that require frequent stays in the hospital

An example of the wonders your generosity supports:

& Advocacy Impact Area along with other medical appointments. The woman's frequent absences from work has created difficulty with her employment. In addition to this, her mother is terminally ill and lives in another state. Unable to sleep more than a few hours each night, not eating,

and at her wits' end, the woman came into our office seeking help. She was depressed and overwhelmed. Through therapy, the woman learned positive coping skills including deep breathing, meditation, and keeping a journal. She also learned assertive communication skills and was then able to speak with her son's doctors more effectively and advocate on his behalf. After working with our Human Resources representative, the woman's self-confidence flourished. This enabled her to advocate for herself and complete the process of qualifying for FMLA so her work absences could not be counted against her.

During her time with us, the woman also realized that she needed to take better care of herself if she was going to be able to care for her children, especially her son. She began saying "no" when she needed to. Her sleep and appetite improved along with her mood and energy level. While many of the issues in the woman's life are ongoing, her ability to manage them has greatly improved; giving her a sense of being in control of her life again and empowering her to provide the care that her son needs.



~ YOUTH UNITED ~

This Fall, a group of students from Cardinal Mooney Catholic High School. Came together in search of ways they could serve their community. Their first United Way activity was a pumpkin palooza day at the park with new friends from The Arc of St. Clair County. Together, they enjoyed decorating pumpkins, having cider and donuts, and having a pumpkin roll down the East China Township Park. Donations were appreciated from Vandenbosch Farms, Neiman's Family Market, and Pankiewicz Cider Mill and Farm. It was a fantastic first event; well done!





United Way of St. Clair County's Mission is... to mobilize the community of St. Clair County to raise funds and/or resources to meet identified human service

needs with the highest level of accountability and community involvement. See