Thanks to YOU, Malik now has a clear mind, a gentle spirit and a deeper understanding of God. Malik has struggled with mental health issues most of his adult life. During those years, healthy relationships were non-existent. Doctors from the psychiatric hospitals were only marginally helpful. And Christmas? Malik couldn’t even think about the holidays when his mind and body were hurting.

But despite the challenges he faced almost every waking moment, there was still hope. And it began the day Malik took his parents’ advice and came to Central Union Mission.

The first thing we did for Malik was identify his previously undiagnosed bipolar disorder. Once we pinpointed the source of his difficulties, we referred him to a local mental health program, where change started taking hold.

Over time, he learned that he was often drawn to toxic people and toxic relationships, which would then trigger manic episodes that were difficult to control. Then he began journaling...
and discovered that writing down his thoughts and feelings served as a powerful tool as recovery took hold. “I began writing poetry,” he says, “and writing down how I felt. And it helped me to open up in my therapy sessions. Being able to go back and read what I was feeling at certain moments helped me to put things in perspective and make better choices.”

While working through his health issues, Malik had a safe place to live here at the Mission. We were also able to help him find housing and search for employment when he was ready to take these steps.

Now 26, Malik is putting his broadcast journalism degree to good use and has found success as a videographer. He is currently editing his first documentary. And what is his Christmas going to be like? With a clear mind, a gentle spirit and a deeper understanding of God, it’s going to be all he could have hoped for—and more! Central Union Mission is best known for providing food and shelter for those struggling with homelessness and hunger.

But what you may not know is that we also offer mental health services and are able to connect guests like Malik with more comprehensive programs. This enables people to reintegrate themselves into community life. So much good is possible when friends like you support the Mission through your prayers and financial giving. Thank you for making it possible for healing to occur—in body, mind and spirit.

Help someone find new life this Christmas, starting with a holiday meal for just $2.09!

Show your compassion.

Be a blessing to someone in need this Christmas

So many people in our community feel hopeless because of poverty, hunger, homelessness and addiction. This Christmas, turn the tables on their struggles. When you give, you make possible programs like our annual Show Some Love event, offering individuals and families a reason for hope. The testimonials below prove your giving changes lives.

“Central Union Mission allowed me to take advantage of some things I really needed: grief counseling, AA meetings and the Spiritual Transformation Program. God is certainly working behind the scenes. I’m so grateful and thankful. This is a place that I’ll have a connection to for the rest of my life.” —Mission guest

“I knew Central Union Mission was a place where I could get cleaned up and I could get closer to Christ. I had a lot of bitterness in my heart, and the Mission just kind of turned me totally around. I was taught how to live.” —Mission guest

“When you’re homeless, it’s easy to lose hope during the Christmas season. That’s what happened to me. When I got to Central Union Mission, having a good meal again was the best thing in the world. And the people at the Mission, they’re family.” —Mission guest

“Central Union Mission was a place where I could get cleaned up and I could get closer to Christ. I had a lot of bitterness in my heart, and the Mission just kind of turned me totally around. I was taught how to live.” —Mission guest

“Show Some Love for men living in our shelter.

• Operation Christmas Miracle for underprivileged children.

• Our Comprehensive Family Resource Center for women, seniors, men and families in need.

If, through your prayers and financial support, people can connect with their Savior, they’ll remember His love long after the holidays have come and gone.

Thank you for making all this—and so much more—possible with your prayers and generous gifts.
Thanks to YOU, Malik now has a clear mind, a gentle spirit and a deeper understanding of God.

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