

# Spectrum Sun

Your gifts at work for teenagers & young adults

## THANK YOU

This issue of the *Spectrum Sun* features stories of youth who are finding stability and hope because of your generous support!

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**SPECTRUM**  
YOUTH & FAMILY SERVICES

## You Provided A New Beginning for Jada

**A new shelter in St. Albans gave her the support and courage  
to dream again**

**T**hat first night at Spectrum's new Youth Shelter in St. Albans, Jada finally slept without fear.

**"Before, I was always in fight-or-flight mode—feeling like I had to get up and run, like someone could get me," she said. "I could finally sleep."**

Before finding Spectrum, Jada was living on the streets of Philadelphia, trying to survive after fleeing domestic violence. She came to Vermont seeking safety—but without stable housing, every day was a struggle.

When she arrived at the shelter, Jada was emotionally, physically, and mentally shut down. But

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# THANK YOU FOR PROVIDING WARM



## MARK'S MISSION MOMENT

### **A New Shelter in St. Albans, Thanks to You!**

When we opened the St. Albans Drop-In Center four years ago, we met youth who were hungry, needed clothing, counseling, tutoring—and most of all, hope.

Some had places to live, but for others the reality was heartbreaking: *when we closed our doors at 6 p.m., youth left with nothing but a sleeping bag or a tent.*

Your generosity helped us work with the Vermont Legislature and community partners to change that. And on June 24, 2025—just two blocks from our Drop-In Center—we opened a new 8-bed nightly shelter.

**But it's more than just a shelter—it's dignity, safety, and the chance to take the next step toward stability.**

Thank you for making this possible for youth who need it most.

With deep gratitude,

A handwritten signature in blue ink that reads "Mark".

**Mark Redmond**  
Executive Director



**Daniel is  
now exploring  
the world with a  
mentor by his side**

## **You Brought a Mentor Into Daniel's Life**

**Your gift helped Daniel find connection, confidence,  
and a world beyond his front door**

Daniel's dad stood quietly nearby as his son met his mentor for the first time. After the meeting, he pulled Spectrum's mentoring director, Rebecca, aside and said through tears:

"I'm just so grateful because I can't do these things with my kids. I can't walk more than a mile without pain."

Years ago, Daniel's dad was hit by a drunk driver and now lives with chronic pain. His mom works long hours to support the family. They love Daniel deeply, but with his dad's limitations and his mom's demanding schedule, it was hard to give him the opportunities they dreamed of for him.

Because of your support, Daniel was matched with a mentor through Spectrum's Mentoring Program. Since then, he's learned to cook and ride a bike, spent days at the beach, and found the guidance every young person needs to thrive.

"Every time I talk to Daniel he says how much he loves his mentor," his mom says.

**"It's not just helping the boys—it's helping our  
whole family."**

Thanks to you, Daniel found someone who shows up—just for him.



# TH AND SAFETY TO YOUTH IN NEED

## You Helped Lucia Find Safety and Belonging

**Thanks to you, Lucia is building a future for herself and her baby.**

When Lucia arrived in Vermont after fleeing an unsafe situation, she was pregnant, alone, and unsure where to turn.

One day in a hospital waiting room, scared and overwhelmed, she overheard a woman speaking Mandingo, her native language.

"I'm lost here. I need help," Lucia told her.

That moment changed everything. The woman was Zeynab, a Spectrum staff member who listened to her story and introduced her to our Multicultural Youth Program, which supports immigrant and multicultural youth and their families.

Because of your generosity, the program was there when Lucia needed it most, helping her access baby supplies, food, and housing support as she built a safer, more stable life for her child.

For the first time since arriving in Vermont, she felt safe, seen and no longer had to navigate a new country alone.

Today, she's caring for her healthy baby, learning English, and exploring her education goals. She's even helping other young mothers and offering not just translation—but hope.

"I found people who listen and understand my problems," she says. "I finally feel heard, seen, and understood."

**Thanks to you, Lucia and her baby have safety, support, and a stable path forward.**



**Lucia is  
starting fresh  
with new found  
safety and support**

## Thanks for Helping Jada

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because of your generosity, she had a safe place to stay—along with a hot shower, warm meals, and people who truly cared.

With the help of Spectrum staff, Jada has begun to feel stronger and more confident. She's built close friendships with other youth at the shelter. Together, they cooked meals, watched movies, and even created a chore chart to make the space feel like home.

Now, Jada is preparing to move into an apartment

of her own and is working toward her dream of becoming a cosmetologist. For the first time in a long time, she's excited for what's ahead.

Sometimes, just a few short weeks of safety and support are all a young person needs to begin believing in themselves again.

**"Thank you for giving me a chance at another life," Jada says. "You helped me feel like I'm worth the things I want."**

Learn how you can provide  
one day of safety

**Your gift of \$11.49  
provides a day of  
warmth, safety  
and care for a  
young person  
in need.**



## **You Can Give a Local Teen Safety and Warmth Today**

**R**ight now, there's a young person in our community with nowhere safe to go.

As the nights turn colder, they're sleeping in a tent, or tucked behind a building—cold, scared, and alone.

But for just \$11.49, you can provide a day of safety and warmth for a local teen facing homelessness.

With temperatures dropping, no one should be without a safe place to go. Yet every year, more teens are forced to survive the cold on their own.

Thanks to your support, a young person in crisis can take the first step toward stability and healing.

And it all starts with your generous gift today.



### **Did You Know?**

If you have a retirement account with a required minimum distribution, you can lower your taxes **AND make a difference for young people in our community** by donating all or part to Spectrum through a Qualified Charitable Distribution.

To learn more, contact Sarah at [swoodard@spectrumvt.org](mailto:swoodard@spectrumvt.org)  
(802) 864-7423 x350



**SPECTRUM**  
YOUTH & FAMILY SERVICES

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*To protect the privacy of the youth you have helped, photos, names, and other identifying details may have been changed.*

## **PROVIDE WARMTH AND SAFETY TODAY!**

☒ **YES, Mark! I want to provide a young person with warmth, safety and other life-changing care.**

**Here is my gift of:**

- ☐ \$34.47 to provide 3 days of warmth, safety, and care
- ☐ \$80.43 to provide 7 days of warmth, safety, and care
- ☐ \$137.88 to provide 12 days of warmth, safety, and care
- ☐ \$321.72 to provide 28 days of warmth, safety, and care
- ☐ \$\_\_\_\_\_ to provide as much help as possible



To give online visit: [spectrumvt.org/donate/fallnewsletter](http://spectrumvt.org/donate/fallnewsletter)