



Self Help Inc.

2011/2012 UPDATE

Self Help, Inc. (505) 662-4666 or selfhelppla.org

2011/2012 Accomplishments

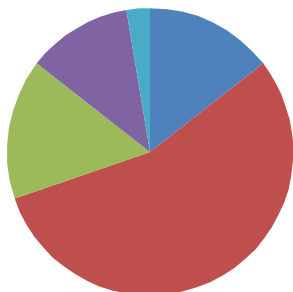
- Assisted over 3,000 families with basic needs
- Assisted with recovery from Las Conchas Fire
- Instituted United Way 2-1-1 information and referral line
- \$0 overhead
- One paid employee
- \$270,000 annual budget

Support Comes From

Bethlehem Lutheran Church
 Casa Mesita Thrift Store
 Crossroads Bible Church
 First United Methodist Church
 Fuller Lodge Art Center
 KRSN 1490 Radio
 Los Alamos National Bank
 New Mexico Children's Foundation
 New Mexico Community Foundation
 Northern New Mexico Health Grant Group
 Salvation Army
 SF Community Foundation/Buckaroo Ball
 Suzanne Star, website designer
 Thrivent Care in Communities
 Trinity on the Hill/The Shop on the Corner
 Unitarian Church of Los Alamos

...and the generosity of community members

Types of Assistance Given



- Fire relief 11%
- Utility help 42%
- Housing 12%
- Food 9%
- Clothing 2%

Community Involvement

Over 4,000 Volunteer Hours Given!!!

Empty Bowls painting event



Bethlehem Lutheran Church houses Self Help, Inc. and provides substantial funding
 The Empty Bowl Project sponsored and coordinated by Gillian Sutton/KRSN
 Los Alamos MainStreet
 Los Alamos Public Schools
 UNM - Los Alamos (Barbara Yarnell/Art Department)

In Our Clients' Words...

- “Thank you for helping us get through this bump in the road...”
- “Thank you for your understanding and support. It is amazing how much people care. I am able to focus on the future now that our basic needs are taken care of.”
- “The help with my mortgage was a financial relief beyond words. Thank you for giving me guidance sharing your kind heart.”
- “Thank you for all you do. I am now becoming more stable. Life is getting better for me.”
- “Thank you for your generous help to me and my family am almost done with chemotherapy and radiation, and will be back to work soon.”

