

5/20/2022

Letter of Support for CREATE Arts Center  
From Manny Hidalgo, Executive Director  
Shepherd's Table  
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To Whom It May Concern:

I am writing in support of our nonprofit partner organization, CREATE Arts Center.

At Shepherd's Table, we aim to improve quality of life, create a pathway towards self-sufficiency, and inspire hope for the most vulnerable in our community. We welcome every individual who walks through our door—a population experiencing food insecurity, homelessness, and poverty. Our fresh, delicious meals are curated by professional chefs and designed to maximize nutrition. But it doesn't end with food—through case management and each program we offer, a fresh meal can be the entry point to a larger journey of healing and empowerment.

CREATE's mission is also focused on empowering individuals and families, and serving the best interests of the most vulnerable of citizens through their mental health services and art education programs. CREATE's commitment to inclusion, to diversity and to access by offering their programming at low-or-no cost to traditionally marginalized communities, including people on fixed and low-incomes, is an example of truly serving our diverse community on their journey to healing and empowerment.

Over the past year, CREATE's Art Therapy team has provided two-hours of weekly group therapy at Shepherd's Table. Food insecurity, homelessness, addiction and mental illness are challenges that require an "all hands on deck" response to meeting critical needs. This is where partnerships with organizations like CREATE are so important. Their licensed therapists help our participants work through feelings of anxiety, depression and fear, by offering a safe, confidential and supportive space for people to express themselves through individual artistic expression. Oftentimes, trauma is not easily verbalized, however each person's struggle, every person's story, can be told through their artwork. Therapists work with participants to understand their artistic choices as they relate to their personal struggles. CREATE's therapists provide a safe, secure and confidential space to engage in talk therapy, art projects, meditation and mindfulness. Empowering people to find healthy tools to cope with everyday struggles and to find hope and healing through the arts.

Both CREATE and Shepherd's Table believe in the power of strong partnerships to empower individuals and communities. And, both organizations are committed to

ensuring that everyone in need receives the help they need to fully realize their potential. We appreciate that CREATE focuses their resources and programming to engage all people in our community, particularly the most vulnerable.

CREATE has been a great partner to Shepherd's Table and we wholeheartedly support their desire to expand their programming and impact.

Sincerely,

Manny Hidalgo