

HEALING FOR TODAY. PREPARING FOR A BETTER TOMORROW.



HARBOR
CARE CENTER

WHAT IS **RECUPERATIVE CARE?**

Recuperative care bridges the gap between homelessness and health by providing individuals without stable housing a safe and supportive place to heal after a hospital stay or illness. Traditional recovery can be nearly impossible for those experiencing homelessness, as they lack access to basic necessities like a bed, food, and dedicated caregivers to help them recover.

At Harbor Care Foundation, our recuperative care center offers:

- **Medical Oversight:** Coordinated care to manage health conditions, assist with medication, and provide follow-up support after hospitalization.
- **Shelter and Safety:** A secure, comfortable space where individuals can recover with dignity and focus on their health.
- **Comprehensive Support:** Services including mental health care, counseling, and case management to address the root causes of homelessness.
- **Pathways to Independence:** Workforce development, housing navigation, and life skills training to help individuals transition to stable housing and employment.



We are thankful that you are considering Harbor as an organization you can trust that is making a real difference in the lives of the homeless.

Give to our work: harborcares.org/harbor-heroes

HELP US CREATE

STORIES LIKE THESE

Meet Mike

Mike grew up in Porter Ranch. He had a good home life and great parents. He was taught to work hard at a young age and pull himself up by his bootstraps. He went to trade school and learned how to repair HVAC units.

Mike's Journey

Mike was earning a good living until what he calls the hiccups came. "I was a cocaine addict and an alcoholic. Both of those were my downfall", says Mike. This addiction led to prison time. He learned his lesson and never touched cocaine again. "The problem was I found alcohol and thought this is legal. I can do this, and I went down that same path and drank myself out of jobs," recalled Mike. He later found out that he had diabetes. He had an infection in one foot, lost some toes and had multiple surgeries and as a result became unemployed. He couldn't climb up and down ladders to repair air conditioning and heating units.

After a recent stay at Valley Presbyterian Hospital to treat another infection, the social worker told him about Harbor Care. "She was incredible. She spent time with me to learn my needs and found Harbor Care for me", says Mike.

How Harbor Helped Mike

Mike was determined to get off the streets. He recalled waking up one morning to a knife fight happening right in front of him. "Being homeless was miserable. I was trying to drink myself to death. I couldn't care less. I wasn't suicidal but I was more than happy to die." "I am so grateful for Harbor. I don't know what I would have done. I would have still been on the streets and probably dead," says Mike with a grateful smile.

Harbor got Mike to all his doctor appointments and provided healthy meals that aided in his recovery. Harbor Case Managers helped Mike get a copy of his birth certificate and connected him with Chrysalis to assist him with his employment search.

This past year, Harbor Care Foundation provided [insert number] individuals with the support they needed to recover and rebuild their lives. You make this vital work possible, ensuring that each person we serve has the resources, care, and compassion they need to recover and thrive. Thank you for being a part of their healing journey.

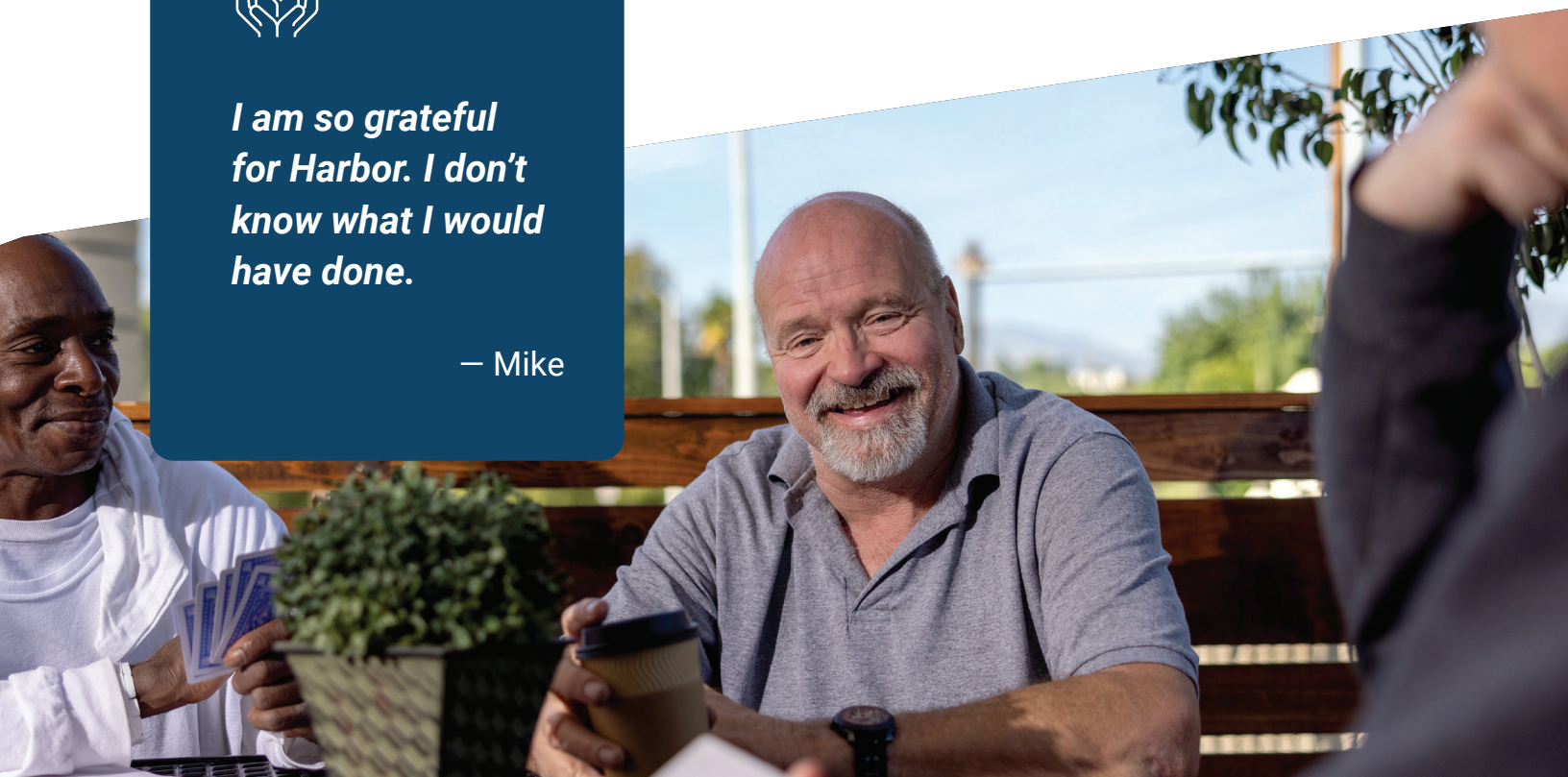
Mike was able to land a job as an instructor at a trade school. Although he can no longer do the physical work of HVAC repairs, he can now teach others from all the knowledge and experience he has gained over the years in this field.

Mike can now provide for himself and not return to the dangerous streets. "I would have never had this opportunity if I hadn't come to Harbor. That's the honest truth," says Mike.



***I am so grateful
for Harbor. I don't
know what I would
have done.***

— Mike



2024 SUCCESS RATE



87%

of the residents that completed their stay with us were connected to housing



37,149

nutritious meals served



159

residents completed their full length of stay



139

residents were housed and did not return to the streets

Harbor Heros

We understand that there are many places where your kind donation can make a real difference. We are thankful that you are considering Harbor as an organization you can trust that is making a real difference in the lives of the homeless. We invite you to watch this short video to get to know our process a little better. If you have questions reach out, or consider scheduling a tour of our facility.

