

**“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”
-St. Francis of Assisi**



**CATHOLIC
CHARITIES**
Of Eastern Virginia
Since 1932

**Annual
Report**
2024 - 2025

Inspiring Hope. Changing Lives

Dear Friends,

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.” This simple yet profound message attributed to St. Francis of Assisi beautifully captures much of our work at Catholic Charities of Eastern Virginia (CCEVA) for the past 93 years!

So often our service starts with supplying the basic needs of diapers and clothing for struggling families. Once those immediate material needs are met, we then work on the next goal and the next, until we are truly walking families out of poverty. The impossible suddenly feels very possible! The individuals and families that we serve often find themselves in hard places through no fault of their own. Utilizing a combination of mission and vision-driven services, we can holistically serve their basic needs, providing mentorship and education to help them realize what might have felt impossible without support.

Over the past year, more than 11,000 individuals and families were guided by our staff. Many came seeking diapers and clothing for their babies and toddlers, while others needed financial counseling and assistance to avoid eviction, and still others sought affordable mental health counseling, or help for senior loved ones to be able to age in place. Additionally, we provided Guardianship services to more than 200 adults who have no family to care for them. Many simply didn’t know where to begin but our staff was able to offer resources, guidance, and clarity for a path forward to find answers and a sense of peace.

In all our service delivery, we strive to ensure that our work is effective and deeply rooted in compassion, collaboration, and respect—providing the radical accompaniment of Catholic social teaching that reminds us we are called to walk with those in need, not simply serve them.

As we look toward our centennial, we carry with us the lessons of the past and the promise of the future. We are incredibly grateful to continue this journey with your support and partnership. May the coming year bring peace, strength, and renewal to all of you and to those we serve together.

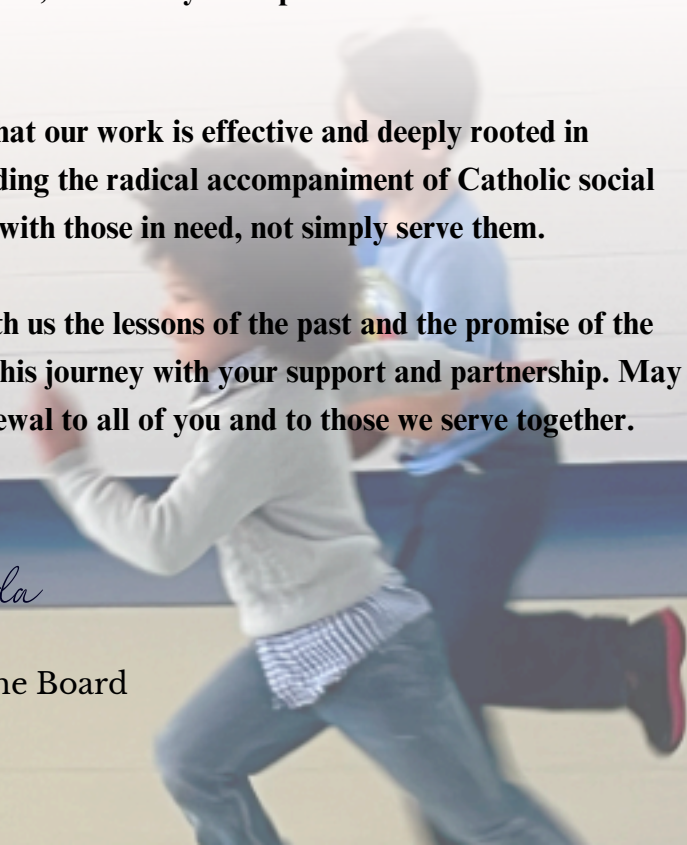
With gratitude and hope,

Tracy Fick

Tracy Fick
Chief Executive Officer

David Reda

David Reda
Chairman of the Board





11,000 families served

93

YEARS SUPPORTING
EASTERN VIRGINIA

5

OFFICES COVERING 1.9
MILLION PEOPLE

20

PROGRAMS AND
SERVICES

Our Mission

Grounded in faith, Catholic Charities of Eastern Virginia serves all, providing professional services, and inspiring hope.

Our Vision

Catholic Charities of Eastern Virginia enables a community where basic human needs are met, and every person's life is held sacred.

Our Values

Catholic Charities of Eastern Virginia is guided by these core values: Service, Compassion, Empowerment, Dignity and Sanctity of Life and Stewardship.

Our Priorities

1. Compassion

Serving all people with dignity and respect, honoring everyone's worth. Driven by empathy to ease suffering and meet the needs of those we serve.

2. Collaboration

Forging strong partnerships with community organizations, individuals, and systems to create meaningful, lasting solutions that meet the needs of those we serve

3. Respect

Honoring the inherent dignity, rights, and experiences of every person, especially those who are most vulnerable.



Over \$491,000 distributed in eviction prevention and other special assistance to help stabilize families.



More than 62,000 diapers distributed to families in need. 917 families provided with pregnancy and parenting support and resources.



1,245 mental health counseling sessions provided and 365 clients served.



100% of mentally incapacitated adults had all of their physical, social, medical and financial needs addressed.



Over 5,189 hours of respite and companion services provided to help seniors age in place.

Financial & Housing Counseling



Success Story

In November 2024, a family lost everything when an electrical fire destroyed their apartment forcing them into temporary hotel housing. Eventually, they moved in with relatives but, during this time, their child was placed in foster care — pending a court date that required proof of stable housing for reunification.

The client found a safe, affordable townhouse but still needed assistance with ensuring the financial stability it would take to maintain this rental. After being referred to CCEVA, our Financial & Housing Counselor, Cynethia, walked alongside the client every step of the way. Together, they created a workable budget, and a sustainable action plan. Because of these efforts, and your support, the family had secured stable, sustainable housing in time for the court date. The child was reunited and now lives safely with the family in a new home.

Our Services

- Budget, Credit and Mortgage Default Counseling
- First-Time Homebuyer Counseling
- Financial Education Classes
- Disaster Preparedness Classes
- Financial Assistance
- Disaster Relief Services



91 clients purchased their first home

15 clients assisted to qualify for the VA Housing FirstHome Dream for first generation homebuyers

56 clients counseled to qualify for the VA Housing SPARC program

380 clients attended free financial and disaster preparedness education classes

\$491,000 distributed to prevent evictions and stabilize families in need

691+ budget, credit and financial counseling sessions provided

“I come to work every day because every day is an opportunity to be the light in someone else’s darkness.”
— Vanessa Dunlap, Director of Financial and Housing Counseling

Family Engagement



Our Family Engagement Services foster a culture of life, strengthening families in our local communities. Our pregnancy and parenting support offers free, confidential counseling to pregnant women, education for all parents, mentoring, goal setting and resources such as free diapers, clothing & baby supplies.

Our Services

- Grandparents-as-Parents Kinship Support Group
- Aspire, Strive & Ascend Mobility Mentoring
- Pregnancy & Parenting Support

“The balance of accountability, access and support has made the biggest impact on my family. I see [my son] reaching for his goals at 7 years old because he knows I’m reaching for the things I want to do.” — *Aysia, Aspire participant*

Success Story

Our Aspire participant, Sandra, has demonstrated extraordinary resilience throughout her journey in the program. When she first joined, her primary goal was to secure a stable job that would enable her to cover all household expenses. Over the past year, Sandra faced significant challenges, including a vehicle repossession, relocating to a new apartment, and navigating personal issues with her youngest daughter, all compounded by financial strain. Despite these obstacles, her determination never wavered. Sandra's hard work and persistence have paid off; she is now employed as a Teacher with SECAP, earning above 60% AMI for her household. Moreover, she is actively supporting her two oldest daughters as they prepare for college and military service, demonstrating her commitment to not just her own success but also to her family's future.

1,087 families served through our family engagement support services

12 Strive & Aspire graduates increased their annual incomes by an average of \$157,142

13 families were served through our Grandparents-As-Parents support group

404 families served with basic needs, clothing, food, resources and material assistance on the Eastern Shore

4,293 hours of brief services supporting visitors with external resources and support

Mental Health



Our counseling services help support individuals through life's most difficult circumstances. Counseling encourages the growth of personal strengths and helps empower individuals to make healthy choices for positive change. We provide a safe environment for all clients and support them where they are on their journey toward healing and healthy living. Counseling is available for all ages via telehealth and in person across Hampton Roads and the Peninsula. Appointments can be booked on our website. We offer a sliding pay scale for all who qualify and now accept Sentara Health commercial and Medicaid insurance plans.

Our Services

Counseling for:

- Depression & Anxiety
- Relationships & Marriages
- Grief and Loss
- Anger Management
- Behavioral Issues
- Faith-Based Care
- Trauma-Informed care
- Military Personnel
- Family Conflict

1,245 mental health counseling sessions provided

365 families served through our Mental Health program

“I enjoy working directly with clients to assist them in overcoming barriers to their emotional and psychological well-being and mentoring our practicum students and watching them grow in their professional knowledge and clinical experience.” — *Mark Bleil, Director of Clinical Counseling Administration*



Adoption



55 families served through our Post Adoption services

108 families served through our Adoption services

10 families in our Infant Adoption program waiting to grow their families

20 family members reunited through our Search and Reunion services

Our Services

- Domestic Infant Adoption
- Home Study Services for Domestic Adoption
- Interstate Adoption
- Adoption through Foster Care
- International Adoption
- Relative Adoption
- Adoption Search & Reunion Services
- Post-Adoption Education & Support
- Pregnancy Counseling and Support

Our Adoption and Mental Health staff collaborate to offer adoption-competent counseling specific to the unique needs of birth parents considering adoption, as well as post-adoption counseling for adoptees, adoptive parents, and birth parents.

Over the past year, our staff worked with several young women facing unexpected pregnancies, many of whom were alone and felt uncertain about their next steps. Our team offers guidance and counseling to both women and birth fathers as they explore the realities of adoption and of parenting, empowering them to make the most informed decisions for themselves and their children.

Today we have ten loving families in our infant adoption program waiting to grow their families through adoption.

In addition to placement services, our staff also provides information and support for adult adoptees and birth parents searching to reconnect. This year, we were able to assist in reuniting more than twenty family members, helping them learn more about their origins and each other, and build new stories.



Senior Services



3,451+ hours of care provided to seniors through our respite care program

1,738+ hours of care provided to seniors through our companion care program

45 families served through our programs

Our Services

- In-Home Respite Care
- Companion Care

Success Story

After 2 years of working together, respite worker Eileen and her elderly client, Mrs. Warn, formed a bond that went far beyond a professional relationship; they became like family. Though now retired, Eileen was deeply committed to her role, riding the bus each week to offer companionship and care that gave Mrs. Warn's family a much-needed break from caregiving.

What began as a service quickly grew into a lasting friendship filled with shared stories, laughter, dancing, and holidays together. Their connection endured until Mrs. Warn's passing, but that wasn't the end of the story.

Today, the legacy of care continues. Mrs. Warn's granddaughter, Kaitlin, now serves as a mental health counselor with CCEVA, carrying forward the spirit of compassion and service that once brought her family such meaningful support.



“My grandmother was the glue that held our family together, so just knowing that she spent her last years feeling everybody's love means more to us than I can put into words. She could stay in her home, surrounded by family, and feel safe and comfortable. And now I'm a mental health counselor for CCEVA — there are coincidences that are so serendipitous that they just feel meant to be.” — *Kaitlin, granddaughter of CCEVA client and Mental Health Counselor*

Adult Care Services



Success Story

Robert was a single dad raising his daughter, moving to Virginia to be closer to his mother after losing his father but fell into hard times after arriving. Struggling with grief, financial hardship, and declining health, Robert faced a series of medical challenges brought on by heavy drinking. He suffered from memory loss, cognitive decline, nervous system dysfunction, impaired mobility, and vision problems. His medical and mental health needs became too complex to manage alone so in 2008, the court appointed CCEVA as Robert's legal guardian.

Starting from scratch, our case workers helped Robert secure Social Security benefits, health care coverage, stable housing, consistent rent payments, necessary prescriptions, and frequent medical and rehabilitation appointments.

Robert was a fighter! He wanted better for himself and a relationship with his daughter and grandsons. With dedicated care from our case workers and loving support from his mother and daughter, Robert rebuilt his life. Over time he became stronger, healthier and more independent. Today, he no longer needs full guardianship and happily lives with his daughter and grandsons. At his and his family's request, CCEVA remains his financial conservator and more importantly, a friend. Each year, our staff takes him out for his birthday and enjoys seeing him at Christmas time.

"He is an inspiration to us and such a good guy!", says Mirlande, CCEVA Director of Guardianship. He is determined to stay healthy for his family and grateful for CCEVA helping him get there. "We don't get too many happy endings in guardianship, so this is a great story for us. We really enjoy our relationship with Robert.", adds Sue, Public Guardianship Coordinator. His journey is a testament to the power of compassionate care, and the enduring belief that every person deserves a better life. For CCEVA, our clients aren't just cases — they're family.

Our Services

- Public & Private Guardianship
- Representative Payee

For those deemed incapacitated by the courts and those at risk of financial exploitation

105 public guardianship clients

27 private guardianship clients

71 Representative Payee clients



thank you

to all our generous and compassionate

individual donors
organizations
grant providers
community partners

schools, parishes, Knights of Columbus councils, churches and church ministries

Care Center volunteers

in-kind donors
event guests

and followers who subscribe to our social media and newsletters.

Because of you, our clients achieve positive, life changing results for themselves and their families. Together, we inspire hope and change lives. Thank you for being part of the mission.

Donate. Give Monthly. Make a Tribute.

Your cause. Your dollars. Your Impact. Now more than ever.

As we approach *100 years of Championing Change*, Join our *Centennial Champions!* Become a recurring donor and provide a reliable source of support that invests in today's needs and tomorrow's opportunities.



Stay in touch and see the impact you make!

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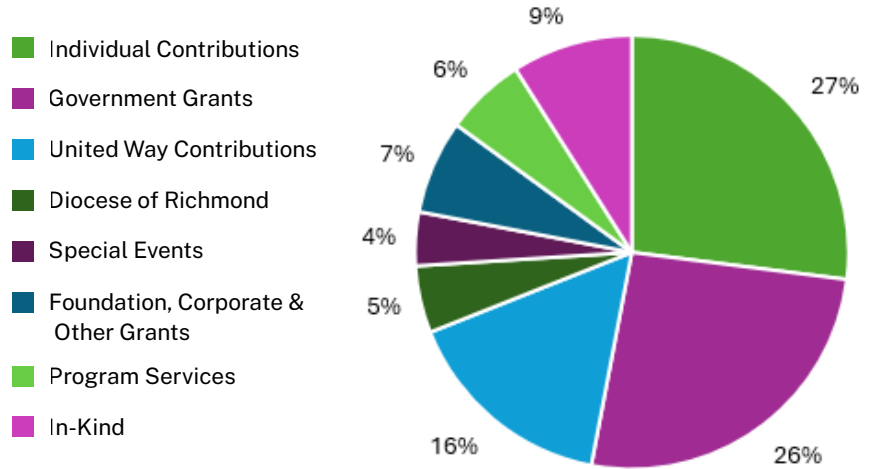
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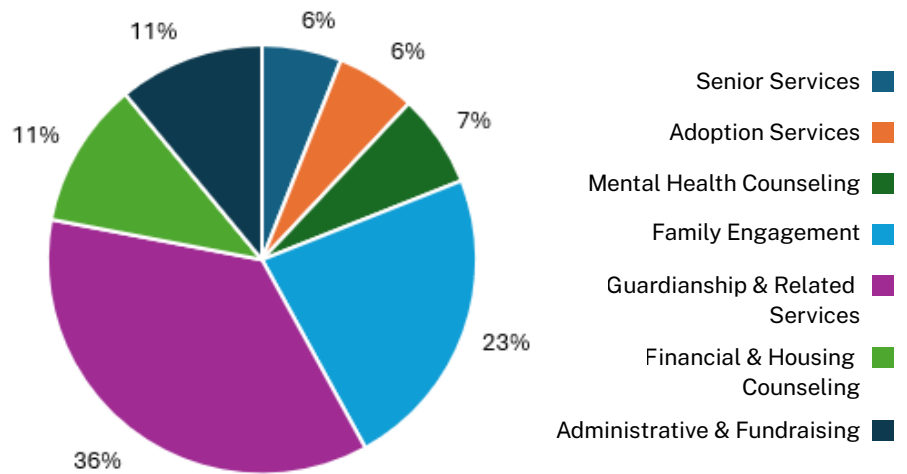
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Revenue Sources: \$4,170,776



Expenses: \$4,216,852



Administrative Office

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Save the Date

Mardi Gras Gala

February 13, 2026

The Westin, Virginia Beach Town Center

Catholic Cup Golf Tournament

May 1, 2026

Cypress Point Country Club

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