

# ESENCIA

## WELLNESS

LOTUS HOUSE IS NEED OF PAPER TOWELS, TOILET PAPER,  
BROOMS, DUST PANS AND LAUNDRY DETERGENT

**PLEASE DONATE ANY ONE ITEM AND RECEIVE A  
FREE GROUP FITNESS CLASS OF YOUR CHOICE**

### **About Lotus House**

Sheltering over 9,600 women and children experiencing homelessness since 2006, Lotus house is the largest shelter for women and children in the nation, housing over 525 women and children on a daily basis and over 1,550 annually.

Your generosity provides life changing sanctuary and supportive services that help them heal, learn, grow and thrive on every level. So much more than a meal, a bed and a shower, lotus house provides trauma-informed wrap around services such as:

- Child and family therapy, parenting classes, resource coordination
- Access to medical and mental healthcare
- Educational support like after school tutoring, homework help, GED classes
- Employment training, workshops, job readiness training
- Arts and activities and additional enrichment activities
- Housing support and move-out assistance

*Lotus House* where hope blossoms  
sundari foundation, inc.