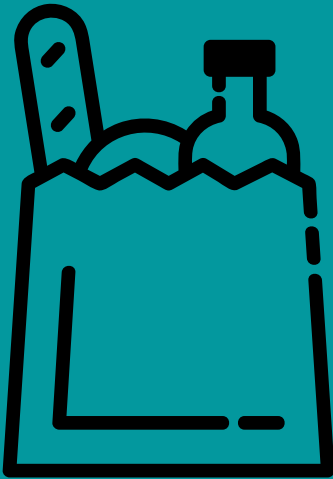




Catholic Charities
Diocese of Lubbock
Providing Help, Creating Hope, Serving all People

Food for your Family



*Do you need help providing food for your family at dinner time?
Catholic Charities can help.*

3 steps to get food

- Fill out a form for assistance at **[cclubbock.org/assistance](https://www.cclubbock.org/assistance)**.
- A case manager will call you to get additional information over the phone and via e-mail (such as proof of income and identification).
- Go to the South Plains Food Bank to pick up food when your case manager tells you.

We will not deny anyone food. If you do not fulfill requirements from the food bank, we will give you food from our pantry.

Support for your Family

*Does your family need help coping during these stressful times?
Catholic Charities can help.*

Families may be feeling the stress a little more right now as we all face new uncertainties. Catholic Charities' Youth and Family department is still here to help families' mental and emotional health. Case managers can help with family conflict, stress, anxiety, and more. To be contacted by a case manager, fill out a form at: **[cclubbock.org/youth-and-families](https://www.cclubbock.org/youth-and-families)**.



Our youth counselors and case managers are adopting a new video chat format to help keep families safe.