

I WILL THRIVE

Julia C. Hester has inspired generations of Houstonians through her story of community service. Mrs. Hester strongly believed in the power of education and engagement of children and young adults. To ensure the safety and education of the youth of the historic Fifth Ward, Mrs. Hester opened her home to neighborhood children and actively engaged in nurturing their development as community leaders and successful individuals. In addition to her work with neighborhood youth, Mrs. Hester was a highly respected figure in the community and an active volunteer until her death in 1940. Hester House honors her legacy by providing a safe haven for youth, as well as by promoting education and quality of life for families residing in Fifth Ward.

A United Way Affiliated Agency

SERVING THE
FIFTH WARD
COMMUNITY
SINCE 1943



I WILL FLOURISH

The Hester House mission is to enhance the quality of lives in Fifth Ward and the surrounding community through a concrete set of programs and services promoting self-empowerment. We strive to mobilize the community to address its issues and needs. Utilizing a holistic case management model, Hester House attempts to stabilize and treat the root of the client's problem. This approach facilitates solutions that will engage and empower the client and family members to seek social independence. Our current programs and services include early childhood services, youth services, family and social services and senior services.

In 1941, a bi-racial committee established Hester House as a settlement house promoting the health, education and welfare of the African-American community in Fifth Ward. Upon incorporating with the State of Texas in 1943, the organization was re-named Julia C. Hester House. Hester House was the first African-American organization to receive financial support from Houston's Community Chest, which is now known as United Way of the Texas Gulf Coast. It now serves a diverse client base in Houston's ailing Fifth Ward.



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JULIA C. HESTER HOUSE

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MAKE AN IMPACT

LEADING THE WAY FOR A COMMUNITY
TO THRIVE THROUGH POSITIVE DIRECTION

PROGRAMS

FAMILY AND SOCIAL SERVICES

Julia C. Hester House provides supportive and comprehensive case management services for individuals and families of Houston's Fifth Ward neighborhood and surrounding areas. The focus of our family and social services program is to address immediate client needs and eliminate systemic obstacles in order to help families to achieve personal, educational and economic independence. Helping individual families achieve self-empowerment ultimately enhances the quality of life in the Fifth Ward and surrounding communities.

- Case Management Services – addresses client needs through intake, assessments, information and referrals, development of personal goals/objectives, monitoring, mentoring and evaluation.
- Supportive Services – addresses basic urgent and emergency needs. Services consist of food assistance, utility assistance, rent/mortgage assistance and life skills (i.e. financial literacy, employment assistance, educational assistance).

EARLY CHILDHOOD SERVICES

The overarching goal of the Hester House Early Childhood Services program is to foster a positive, healthy learning environment for our children and, in doing so, to empower our individual families. Based on Head Start Performance Standards and Texas Early Learning Standards, the program encourages each child to explore learning and recreation in a positive way with a strong emphasis on early literacy and strong family support. Our staff and families meet together to build relationships of respect and equality.

- Pre-School Services – provides basic skills to children 4 years old. Hester House has adopted Innovations, a comprehensive curriculum for preschoolers focusing on encouraging, facilitating and stimulating the pre-school child's development within the context of a community where psychological, physical and mental needs are stable.
- After-School – provides supervised after school services for youth ages 5 to 12. Students are pre-enrolled in recreational and educational activities that complement their daily school curriculum in the areas of academic enhancement, skill development, enrichments and community involvement.

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YOUTH SERVICES

The Youth Empowerment Program mentors teens 13 to 17 years old by encouraging self-empowerment through academic, career and character development activities. The program aims to provide skills and esteem building, after-school activities and adequate role models for teens in the Fifth Ward community. We address the needs of teens by providing a safe environment and activities that support positive development and interaction with their peers and members of the community at large through structured recreational activities, field trips and social activities.

Hester House collaborates with a network of community partners that provide a myriad of career and character development activities. These partners facilitate educational and self-awareness presentations such as team building, health and drug education, life skills training and diversity training. Youth skills are enhanced through job readiness training, goal setting and career/entrepreneurial awareness.

Through mentoring, youth learn how to address the complex problems and issues they encounter daily. In addition to the mentoring opportunities offered by our community partners, Hester House staff model positive behavior that deters youth from engaging in negative actions.

Academic achievement is an important component of Hester House's youth services program. Youth are encouraged to strive for academic excellence through individualized tutorials, homework assistance and other academic activities.

SENIOR SERVICES

Hester House's Senior Services program empowers seniors to live independently and with dignity. Critical services for the elderly are provided in a community-based environment promoting health and nutrition, social activities, recreation and other support services. The program seeks to decrease loneliness and isolation, improve and maintain health conditions for clients and provide linkage to critical resources to help sustain at-risk seniors within their homes. By improving the daily lifestyle of neighborhood seniors, Hester House achieves its mission of promoting quality living in Fifth Ward.

Health and nutrition are key components of the Senior Services program. We strive to meet the needs of seniors by providing nutritional meals and health education/awareness. Hester House provides "Meals On Wheels" congregate hot lunches served in a group setting to ensure that low-income seniors have access to at least one well-balanced meal a day. Seniors also receive literature and attend presentations to become educated and informed about various health related topics and are offered the opportunity of classes for regular exercise. The receipt of various nutritional and health information encourages them to alter their behavior and attitude, which results in improved health conditions.

Another important component of the Hester House Senior Services program is social and recreational activities. Seniors are provided structured and entertaining activities consisting of field trips, arts and crafts, physical fitness programs, birthday recognitions, intercultural celebrations, devotional services and intergenerational activities with Hester House's Child Care Services program. Seniors involvement with their peers encourages long-term friendships and relationships preventing isolation and loneliness.

Hester House also provides supportive services. Identification of issues impacting the ability of our seniors to live independently and with dignity is central to our mission. Hester House's case management approach consists of client assessment, development of appropriate action plans, referrals, follow-up and coordination with family members and other community providers. Supportive services also include the distribution of food, clothing, utility assistance, rent and mortgage assistance, holiday assistance, personal care assistance, child-care, etc. Complimentary transportation is also provided to transport seniors to and from the center daily.