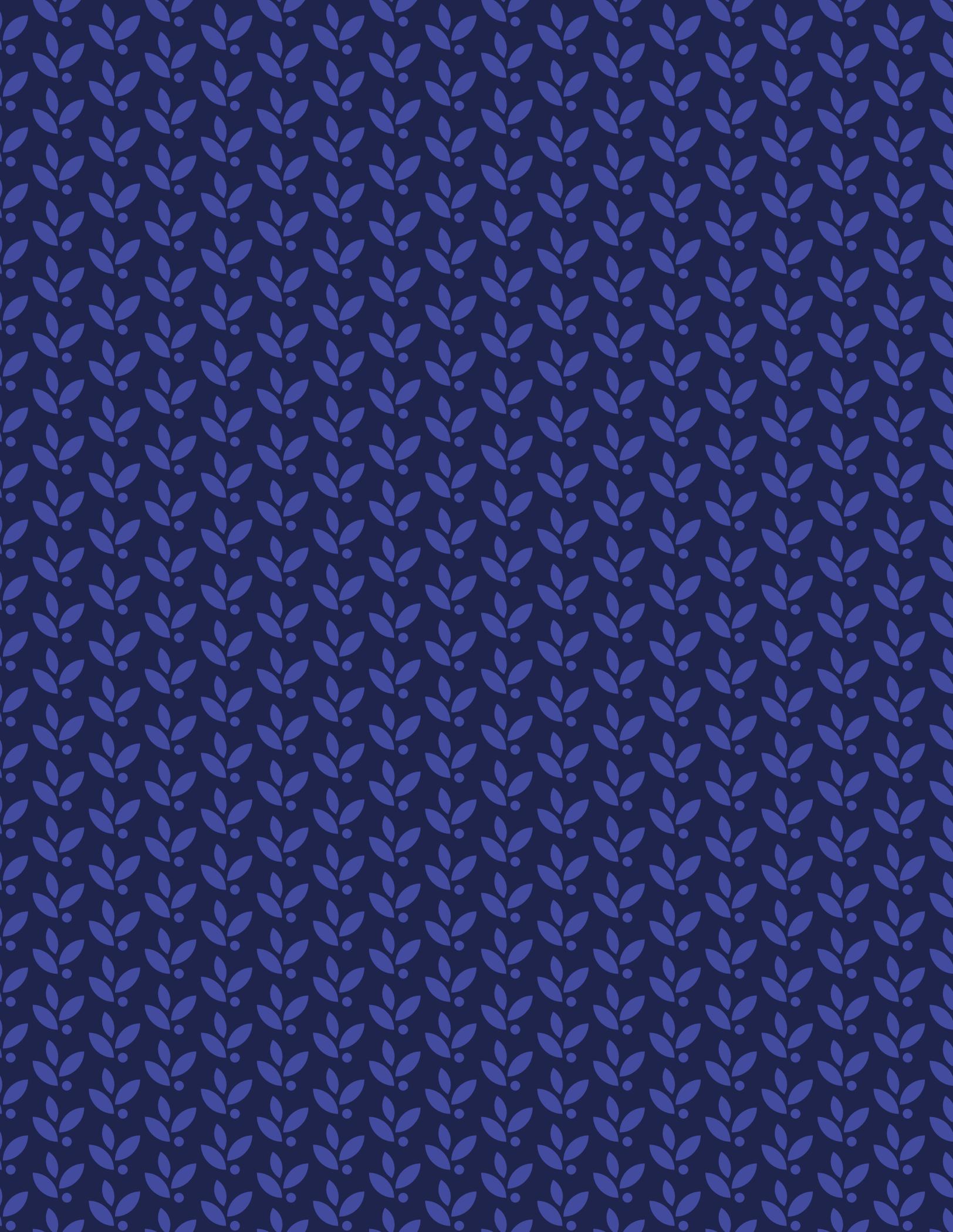
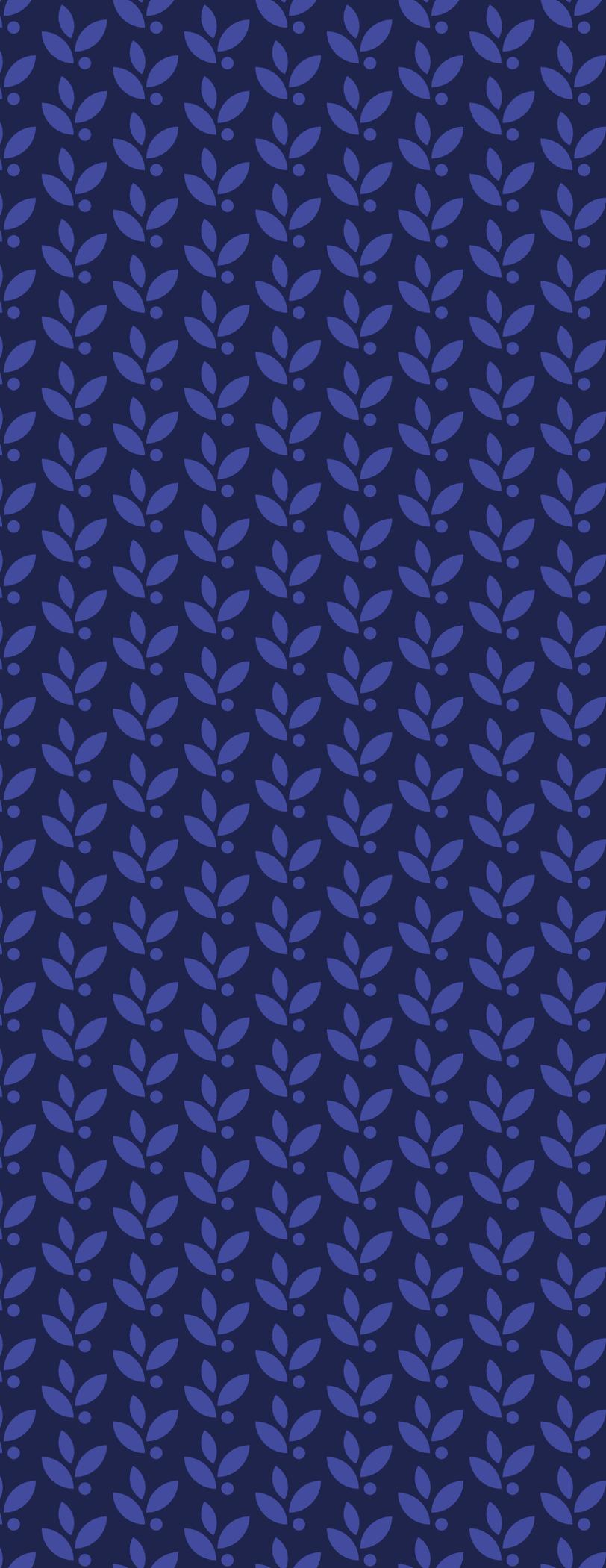


# Messages of Hope

from  
Austin Homelessness  
Advisory Council Members





**Messages of  
Hope from**

# **Austin Homelessness Advisory Council Members**

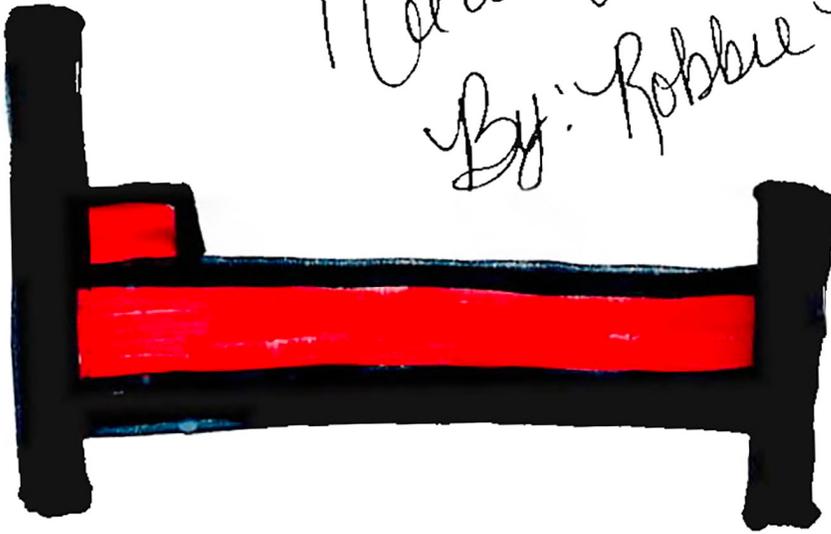
Austin Homelessness Advisory Council (AHAC) Members have experienced homelessness in Austin, and now work together to help improve policies, programs, and practices impacting individuals experiencing homelessness.

AHAC Members created this Zine together for anyone in our community experiencing homelessness to share messages of hope in the form of art, poetry, and other writings. We hope this brightens your day and brings you hope.

Please see the back cover for information about how to access services.



Everyone  
Needs A Bed  
By: Robbie Phillips



Everyone needs a bed  
a place to lay your head  
a place to prop your feet  
thats nowhere near the street

And pillows  
yes more than one  
and if youre married  
you can snuggle just for fun

Change your sheets every week  
so the bed bugs dont have a  
place to meet

Every night as you lay  
if you want you can pray  
But you're not lucky!  
so don't thank the stars  
because love comes from  
much more a far

In the morning when you rise  
if its not sunshine in your eyes  
the rain could be a gift  
as the winds begin to shift  
and the rivers will naturally flow  
Next winter it could be on out

Homeless) taught me to stop counting  
the days and the hours

In get real open and serious with my  
higher power.

To find out what the resources are

To call emergency, keep away appointment

no matter insignificant, it's important. I think the one

slap the crap out of shame, tell my story

make sure they remember my name.

Medicate my depression (lock up my anger)

find safe places (sleep free) of danger.

Always hope for what I'd do best to

find a way to influence change that is

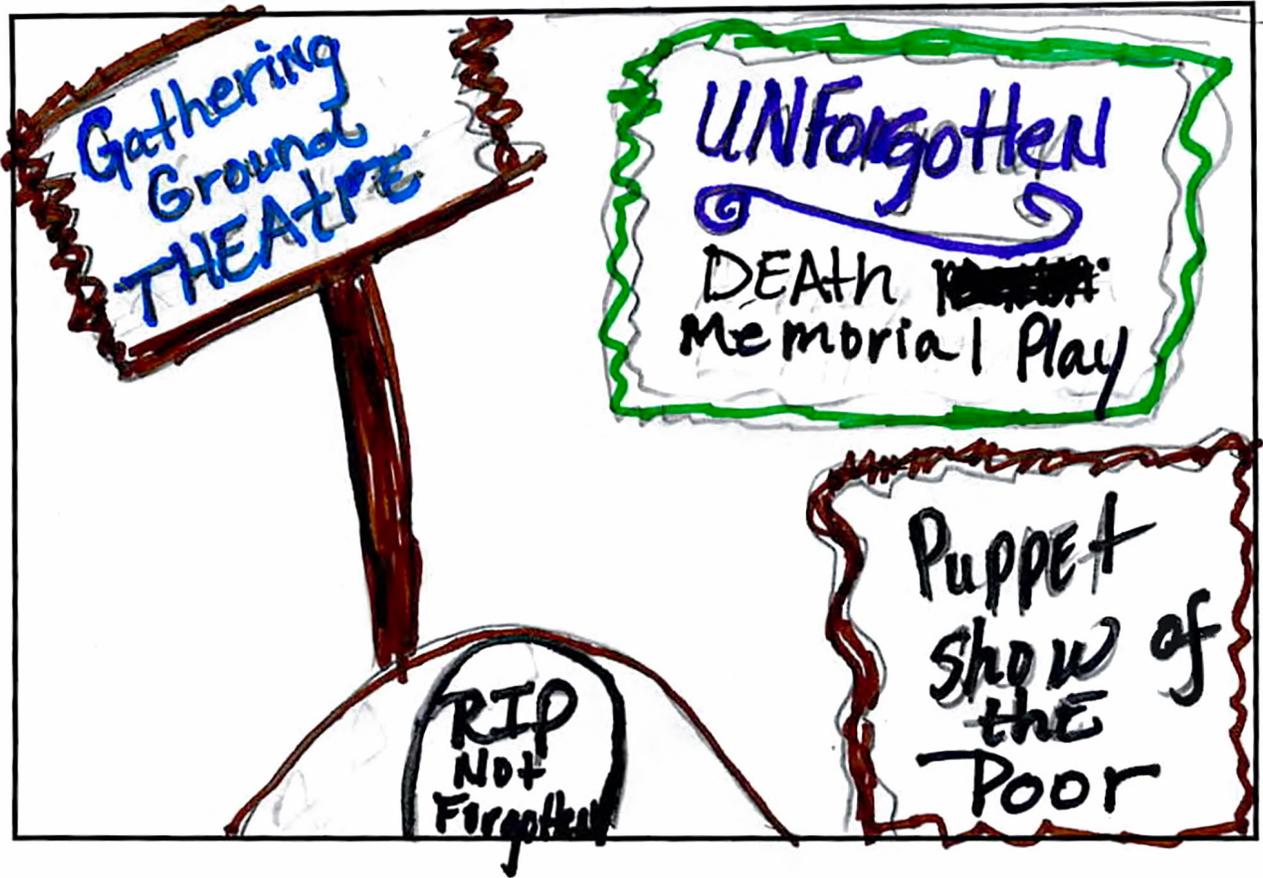
not just for me.

And hopeless if how I got to never give up

to believe that one day something is going to happen

GIVING UP  
is not an option  
Hold on

Rishi Halkiker



KEEP  
\* TRUCKING \*  
\* LIKE A MAN \*  
\* DO DA \*  
\* LAY YOUR \*  
\* PLAN \*

Always Remember  
you are a soldier in  
a economic war :  
RICH vs. POOR  
NEVE GIVE UP!  
we need you and  
LOVE YOU ! KEEP ON TRUCK  
ING  
LIKE Jerry Garcia

LOOK UP ↑

IMAGINE

ALL THE  PEOPLE

Some Day there  
will be a

ROCK & ROLL

HEAVEN!

so Never Give UP!

ROLLIN ON THE RIVER : OP'S

SUNSHINE : EARTH, WIND + FIRE

BE STRONG • FIGHT

---

Listen to :

Music to

Feel Better :

example

**THE BOXER**

BY

SIMON & Garfunkel

REDDING'S SUNSHINE : JERRY

DE NVER LET THE

Quote by: SITTING BULL

OUR CHILDREN!!!

DON'T BE AFRAID  
 TO  
 Live  
 the  
 DREAM  
 JFK · JEFFERSON · MLK

PICASSO · RICHARDS

LENNON · BOWIE

'Let's put our Minds together and see what

a world we can learn

List  
Hofisch

Dedicated to a  
Friend.

# CANCER Fight



Shocked, I WAS 2 HEAR

333

A CANCER Fight w/ NO FEAR

Strong, I AM is her theme

Hold you in high esteem

3mo is the stay

As you go away

Prayer For you + yours

As these 3mo. Endure

HEALTH is my Prayer 4 u

CONFIDENT you'll Pull through

Love you ANONYMOUS

YOU CAN tell

See you in 3. Happy I'll Be.



Everybody  
needs a place  
to rest.  
Everybody wants  
to have a home  
Don't make no difference  
what nobody says  
Aint nobody  
like to be  
alone.

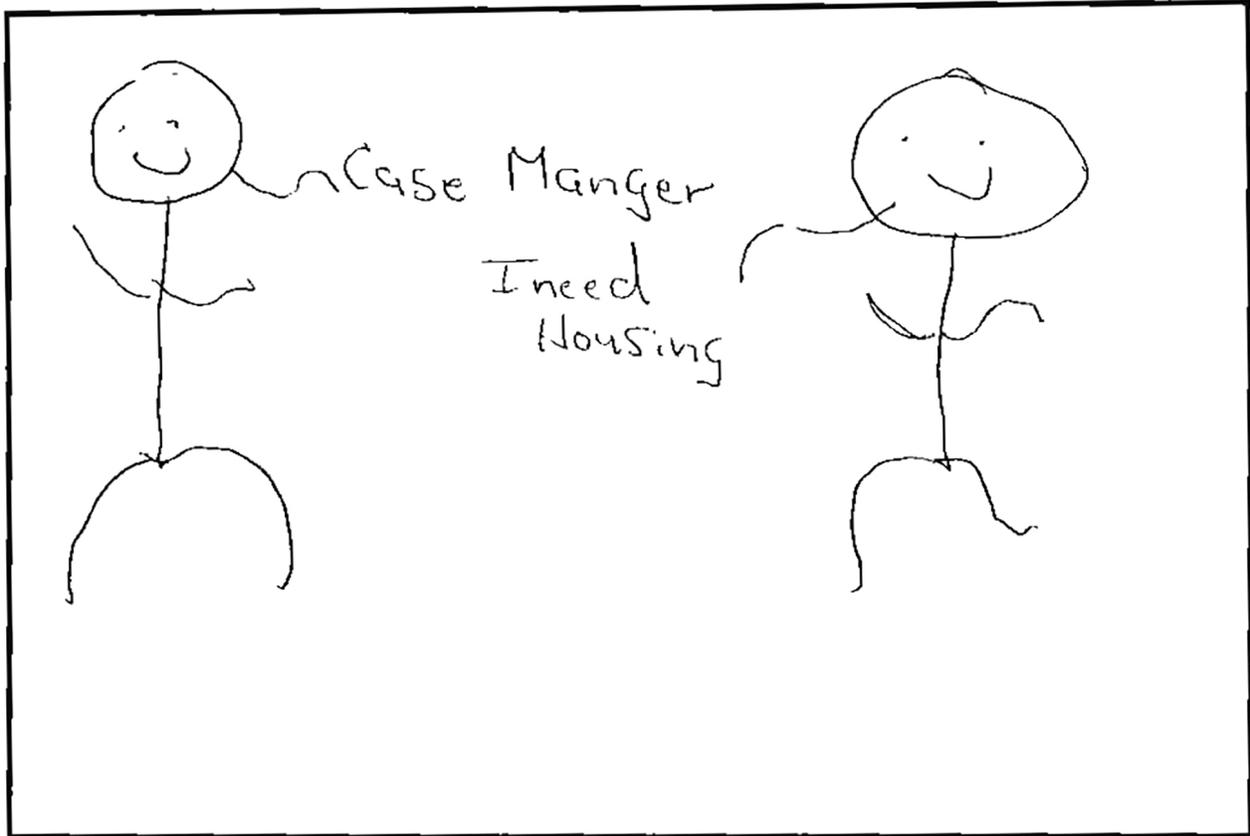
Bruce  
Springsteen  
Hungry  
Heart

Jim  
4-22-28

Hope is like a nursery  
Rhyme. It may sound nice  
and rhyme, but in the end  
it's never nice.

So I say if you want hope  
have a action plan.

For example if you want  
to go some were or achieve  
something. Always start  
at point (A) were you  
are now. To point (Z)  
a point of destination  
or what you need to get  
there. Then continuously obtain  
the other variables in between.  
to til you reach the finish  
line, Point (Z).



WALKING AROUND feeling Sad

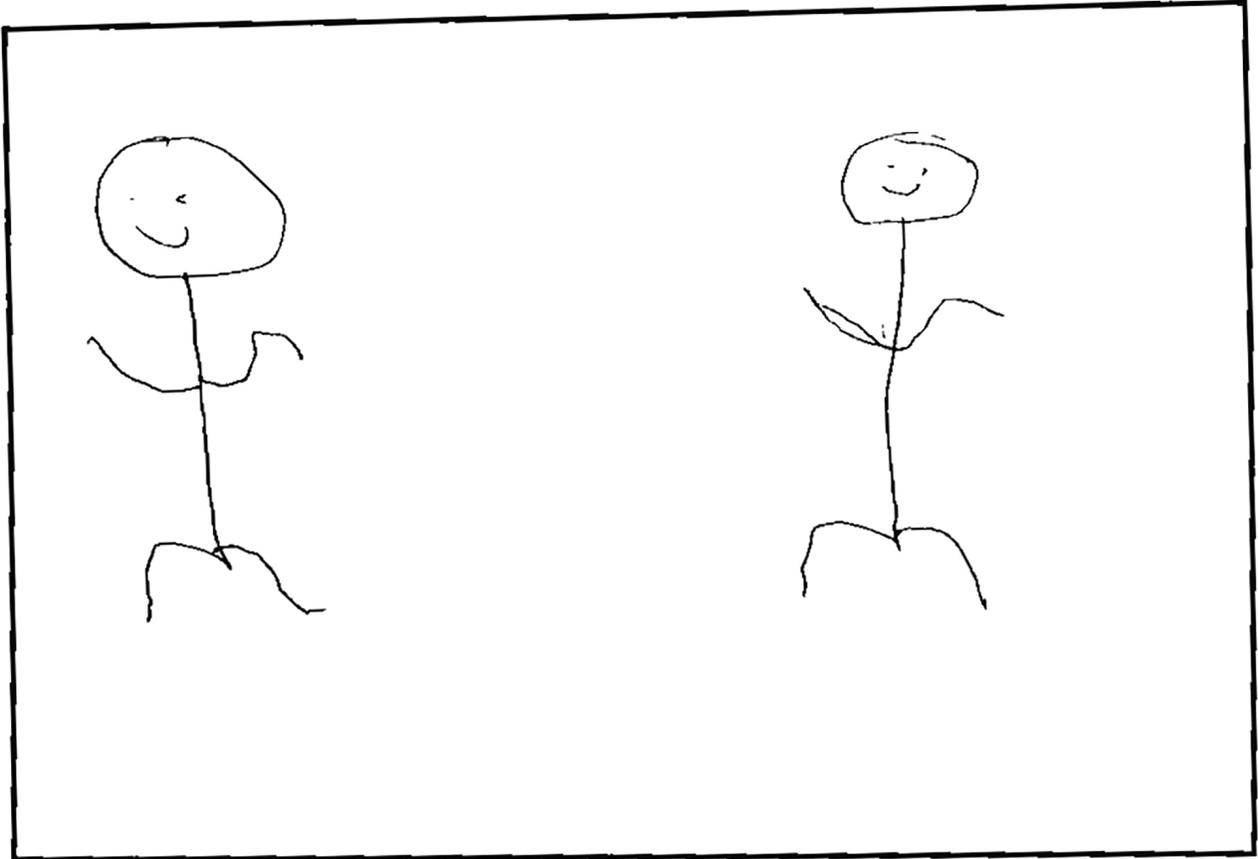
Get into A ~~Prof~~ Program.

Doing what WAS ASKED of US

Finding different Places That will Help you

ALWAYS Stay Positive about getting Housed

MAKE Sure you Maintain Health and HYgiene



Find People To Net Work With

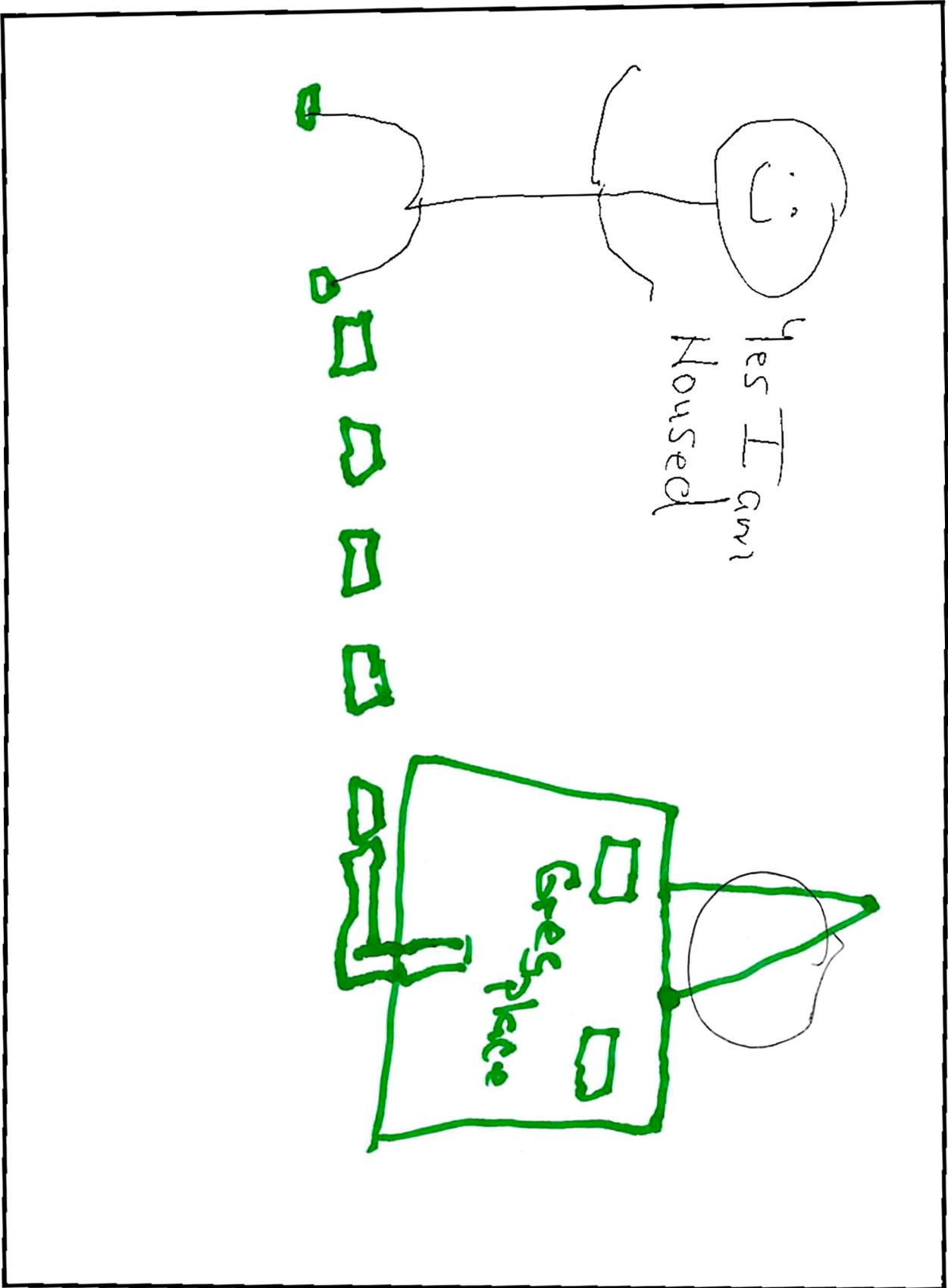
Once You Find a Places Remember TO

Help Others ON Your WAY An Then

Remember The WAY You Are Taking  
So Other People Will NO

ALWAYS Remember where You Came  
from.

ONCE You get To A Good Place in  
Your life Be Happy



Sooooo, living with Rheumatoid Arthritis has been an adventure. Especially during the 3 years I lived at the ~~ARCH~~ ARCH and New Entry. Being finally diagnosed with a disease, it still took me 3 years to obtain Social Security Disability. So many people have helped me along the way.

The Arch around 2016-2019.

At the time - they allowed women in the daytime, I was staying @ ~~SA~~ Salvation Army at night.

The Arch had the best showers. Private a seat for disabled + the hottest high pressure. They would give you a towel to use after toiletries. The samples were a ~~del~~ and delight. They had the best shampoo/lotion/conditioner etc.

They had computers to use for ~~use~~ business or for fun.

There were books to read on moving shelves you could take.

Best of all they emptied out 1 mens dorm in the day for women to sleep ~~and~~. This saved me. So often I needed extra, quiet sleep + was able to get it.

They also let us have a locker which was extra help for the things

A.P.

"Cold Brew Coffee - Coffee"

Through homeless times I have  
found coffee to be <sup>an</sup> extreme help.

Many nights of bad sleep - It was  
SO hard to get going. Coffee has saved  
me. Depending on what you have - get  
coffee any way you can.

I have used cold brew when inside to  
start my engine. Hot water can be  
added to grinds. Academy sells metal  
sticks that plug into water. I have  
spent time in hotels around shelters  
where I've lived to get coffee in the  
morning. I knew at least 8 places to  
go out for coffee downtown to perk me  
up in the morning.

I believe if you need caffeine - coffee  
in the morning is a major need for the  
homeless. the liquid blood flow.

A.P.



"MY INSPIRATION" WHO IS IT?  
GOD AND ALL THE PEOPLE GOD SPEAKS THROUGH!  
ITS NOW BEEN 8 YEARS IN AUSTIN, MANY  
GOOD DAYS AND MANY BAD ONE'S. I CAME  
TO REALIZE AFTER IGNORING MANY OF  
MY BLESSINGS... THAT I MUST ADJUST  
MY BEHAVIOR!!! GOD CREATES SITUATIONS  
IN PEOPLE, PLACES, AND THINGS FOR US  
TO LISTEN TOO! I FINALLY DECIDED TO  
LISTEN! I'VE BEEN GIVEN A TREMENDOUS  
OPPORTUNITY HELP OTHERS IN THIS LIFE!  
I NEED NOT MAKE ANY BAD DECISIONS  
THAT MAY GET IN THE WAY!! DO  
YOU FEEL GOD'S PRESENCE? LISTEN  
TO EVERYTHING AROUND YOU!!!

Michael J.

Advice about feeling better when <sup>making bad</sup> ~~my~~ <sup>day</sup>

What i do is first i read  
my bible and say a prayer and  
try to keep my day filled with happiness  
and love. The things i do to keep me  
happy i like to ride my bike a lot  
that's just one of the things i do  
to make my day better when im feeling  
bad.

Michael J.

What keep mindful of the future

JUST WANT TO SEE MY KIDS  
HAVE IT BETTER THAN I HAD  
IT JUST TRY I HELP MAKE IT  
A BETTER PLACE.

Michael J.

Some one who inspired me

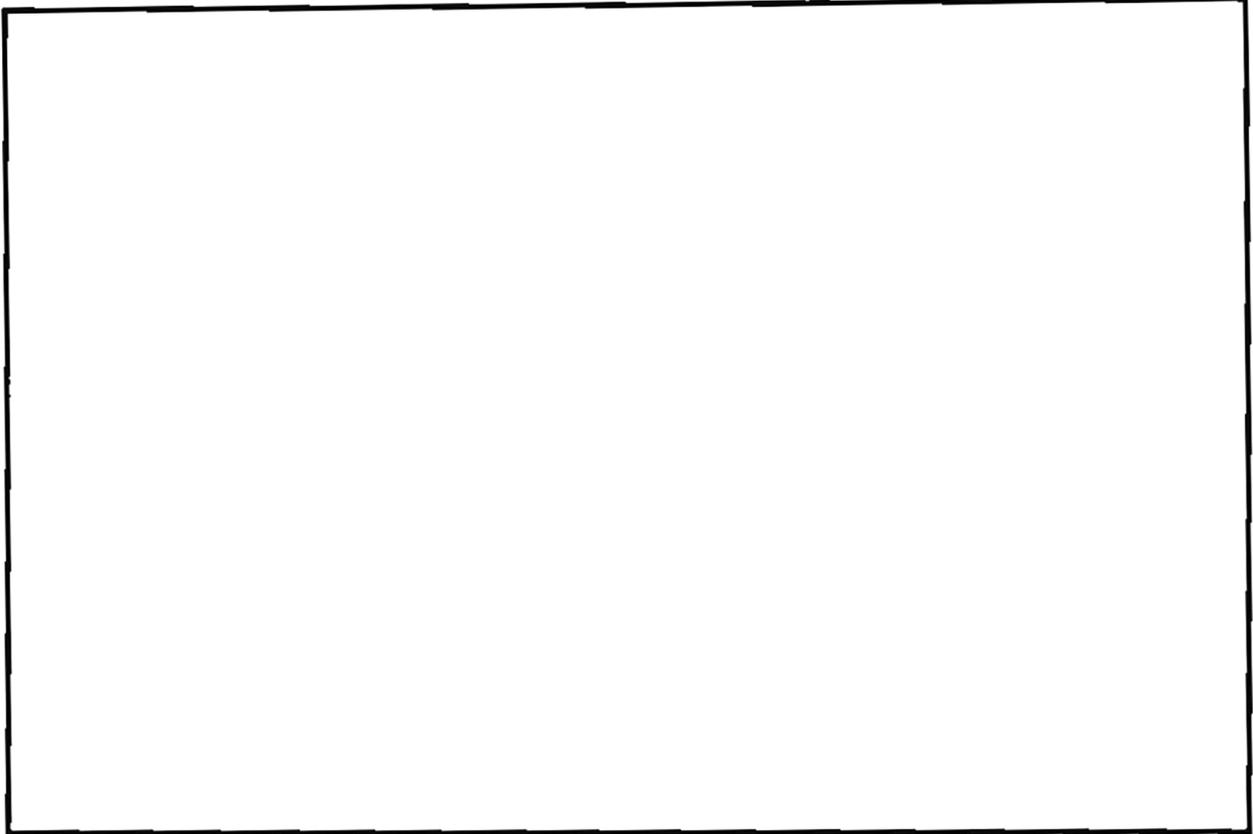
For me it's my mother who get  
me the way that i'm so caring and  
loving. I'll do anything for someone  
if i have it and they need it i  
will help them the best way i can  
that's all i try to do is be a good  
PERSON

Michael J.

Help that i have gotten

I have gotten help from  
~~the~~ inter care they are good they  
help me a lot with my meds, doctor's  
appointments. to everything ~~so~~ so if anyone  
who talk to me and if there ~~are~~ having  
~~with~~ mind problems i always let them know  
about it and tell them the way  
they help me

Denver



I may never see your wounds.

I may never hear your cries.

I may never feel your rage.

Please know and I hope you find your way. ~~and~~

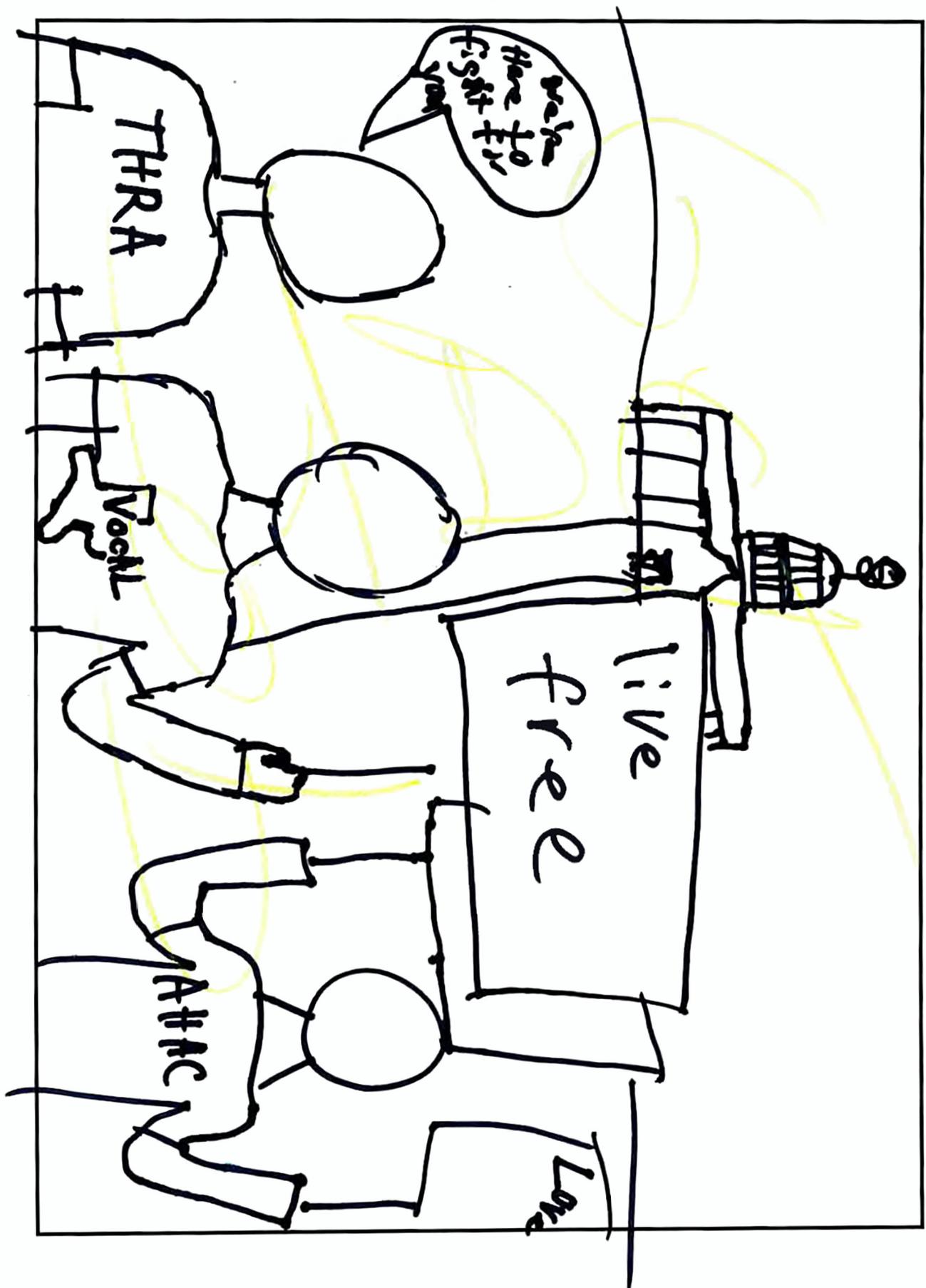
I'm making a path through the jungle.

Leaving bread cranes I hope you can see.

Sending people with good seeds

Not caring how they will judge their deeds.

So live freely and hope on.



Christopher Carr

Do you REMEMBER the  
preface of despair?

I became aware, after 24  
years, that despair is

HOUSING/EMPLOYMENT  
INSECURITY

(the apprehension of losing  
one's housing twined with  
entering a theater of  
unsheltered uncertainty)

Christopher Carr

“If you are

**ANGRY**

Count to TEN before  
you speak.

If you are

~~REALLY~~

**ANGRY**

Count to One Hundred”

Thomas Jefferson

REMEMBER,  
De Construct the  
direction of your  
emotions.

How much is  
related to the

SERVICE INSUFFICIENCY

ABROGATION of RIGHTS

the EMOTIONAL BASIS of  
HOUSED HATRED

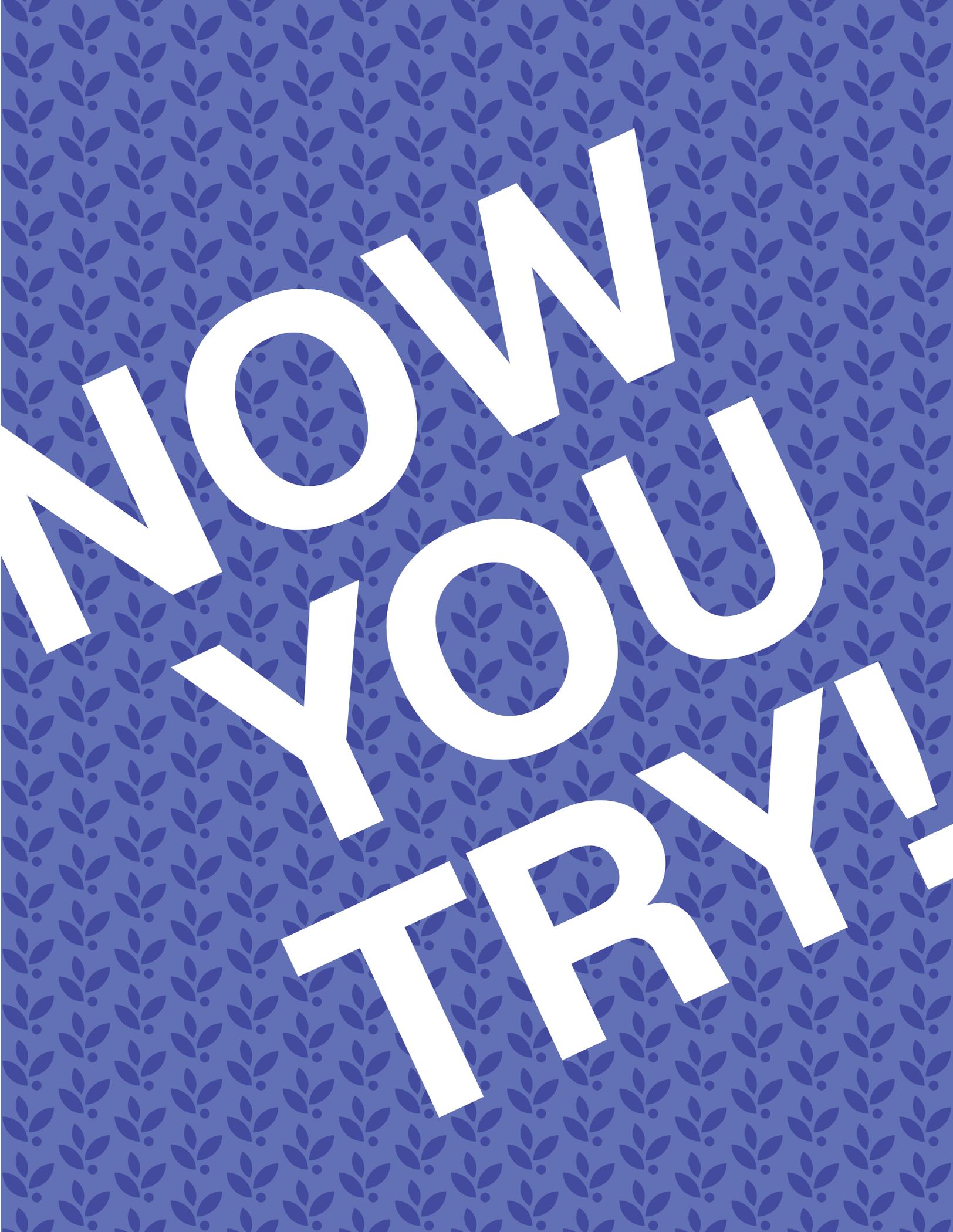
ARE YOUR FEELINGS legitimate?

ARE they in any way similar  
to the housed  
invective.

(directed at Austin's  
unhoused community)

If ever you feel at  
the end of your level  
of tolerance and you  
WANT to give up...

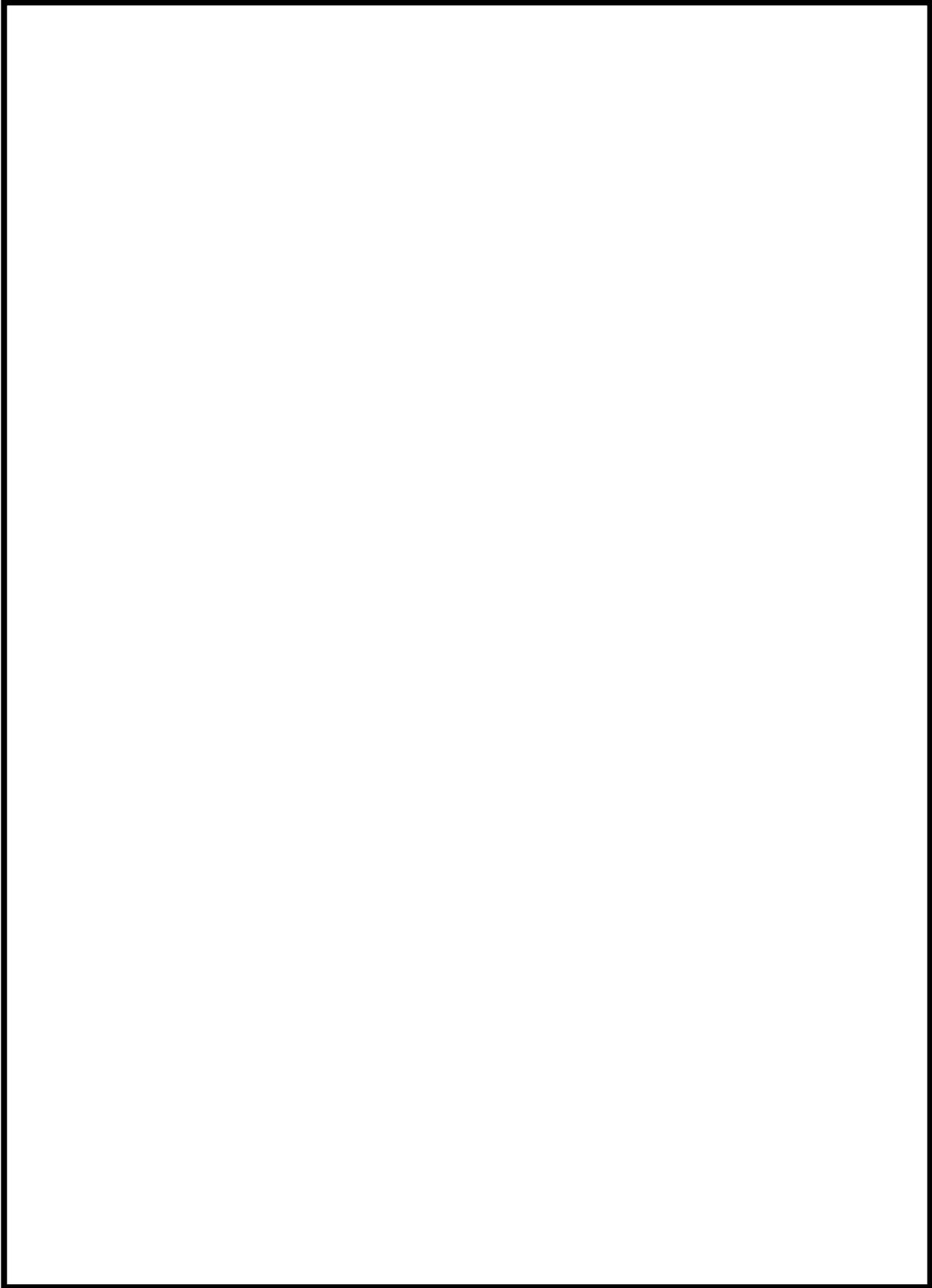
REMEMBER that  
Suicide is a  
PERMANENT solution  
to a Temporary  
Problem.

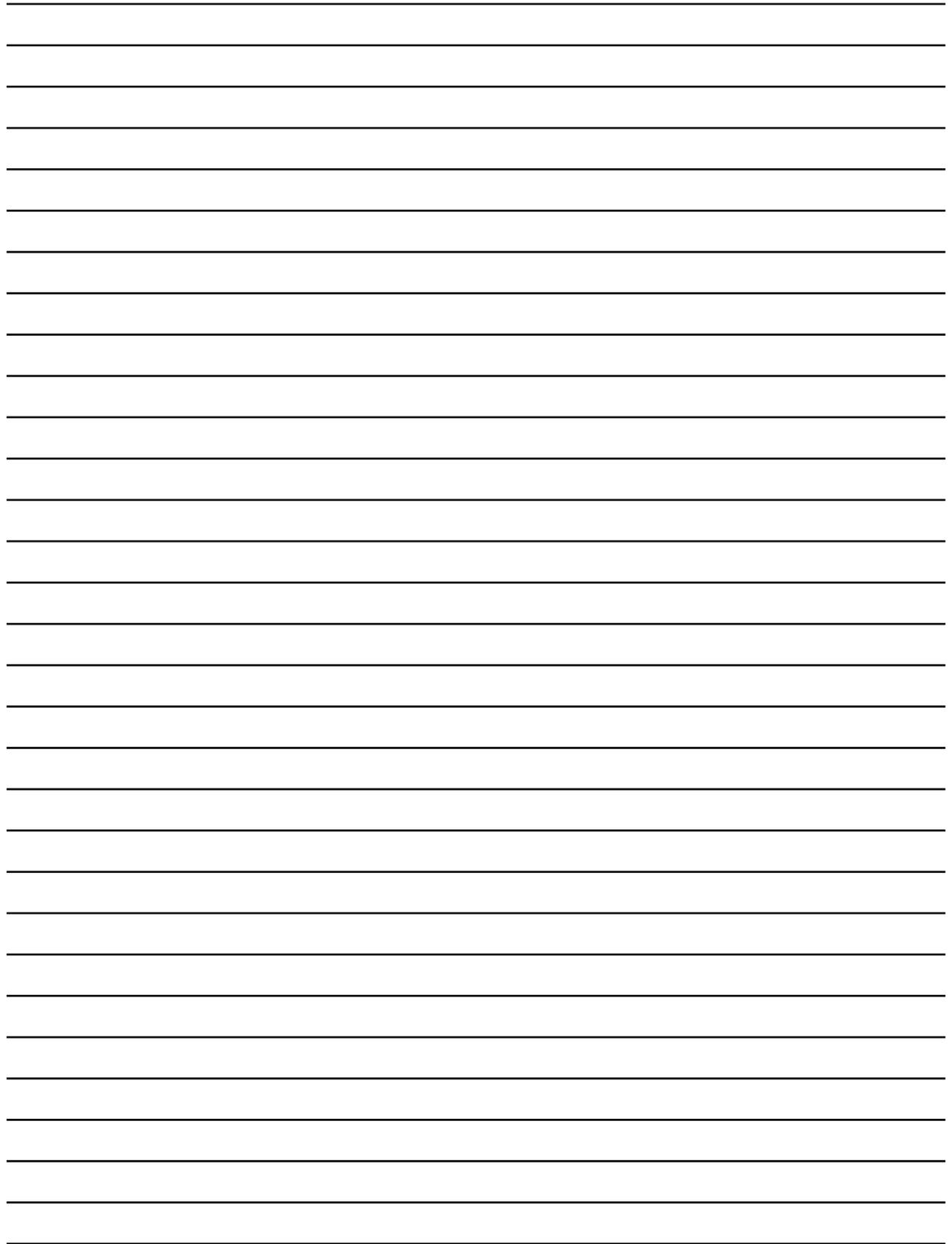


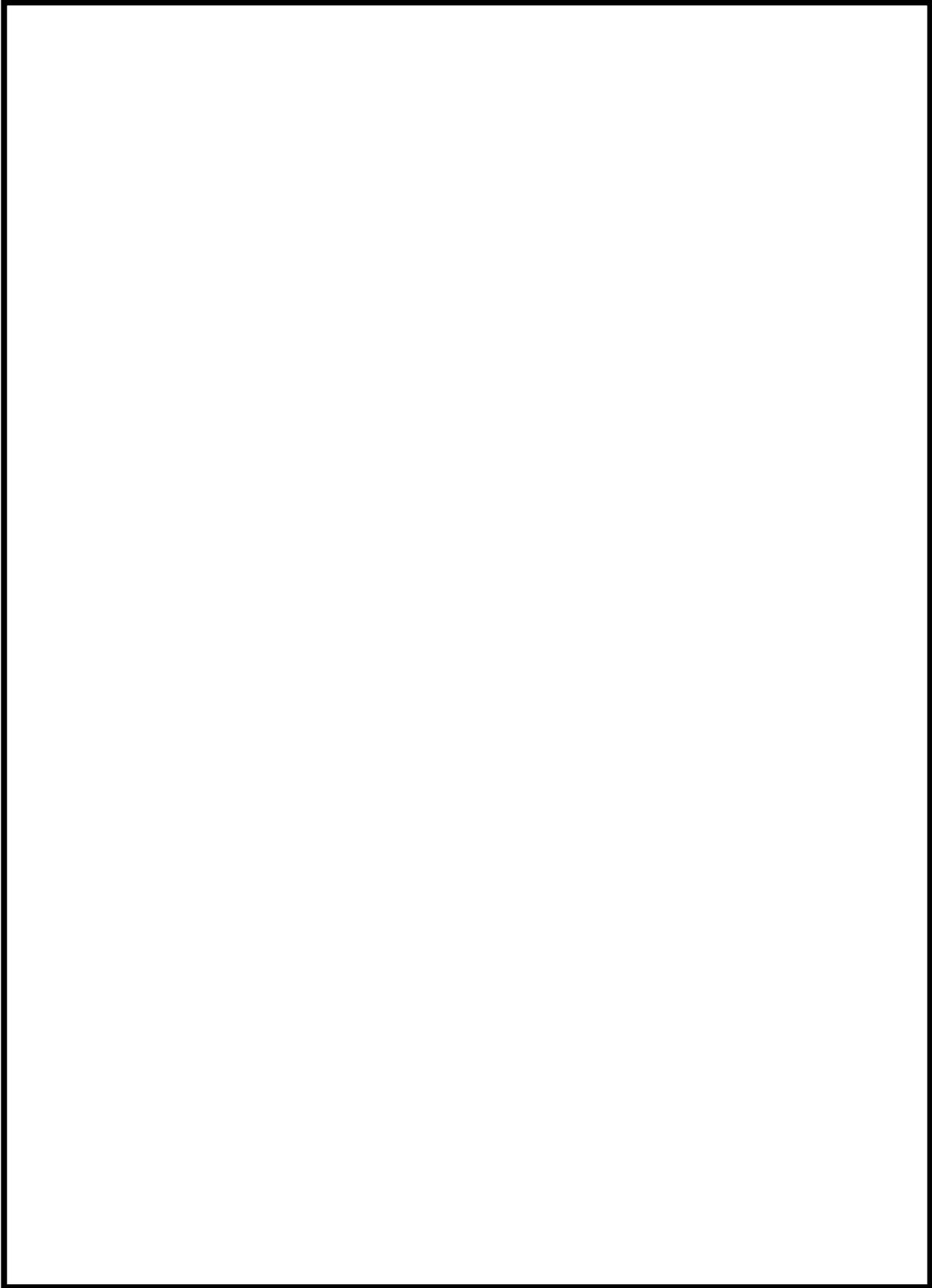
**NOW  
YOU  
TRY!**

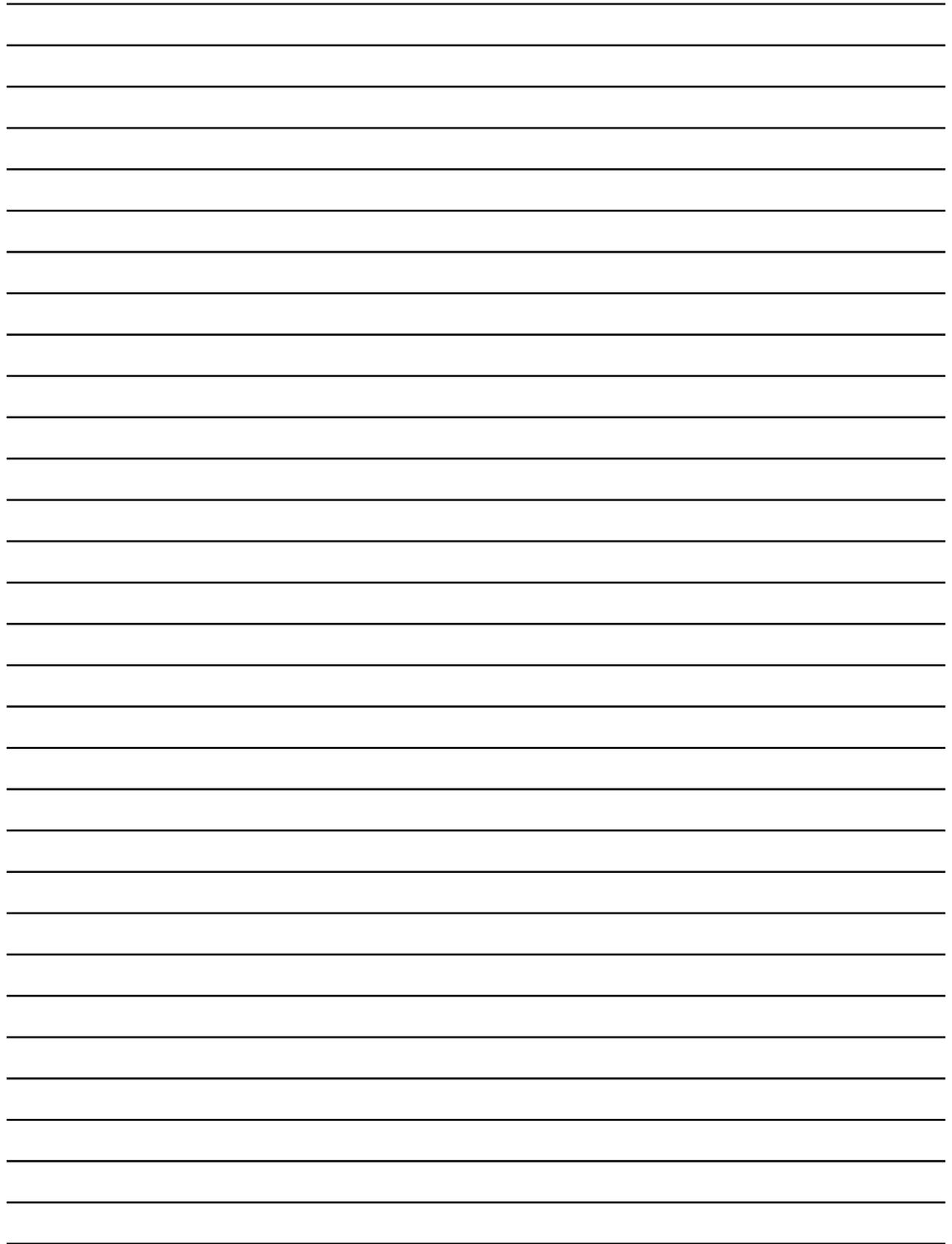












About the

# Austin Homelessness Advisory Council (AHAC)

AHAC Members meet regularly and use their lived expertise to provide input on policies, programs, and practices impacting and serving individuals experiencing homelessness.

## Need Help with Homeless Services?



### **Walk-in Case Management:**

Get help with identification documents, basic needs, restrooms, phone access, medication storage, and connection to services at:



### **Austin Community Court**

505 Barton Springs Road  
Monday – Friday, 8:00am–4:30pm  
(Check-in required before 3:00pm to see a case manager)



### **Call 2-1-1:**

Navigation Center where compassionate, certified specialists will connect you to community resources. Free, confidential, multilingual, and available 24/7.

