

Catharine Han - Candidate for Board Member, The Starfish Foundation

My life's work has always centered on supporting people through their most vulnerable and transformative seasons. From my early years volunteering in churches - teaching Sunday school, assisting in children's ministries, and helping lead worship - to my current leadership in youth sports, I've spent decades building community, coordinating programs, and caring for families with steadiness and compassion.

Professionally, I founded my own event planning company and have spent more than 20 years guiding clients through high-pressure, emotional moments with calm leadership. Over time, I've built long-term, trusted relationships with vendors, partner businesses, and clients - many lasting more than a decade. These connections allow me to confidently engage businesses for donations, partnerships, and fundraising efforts, something I would bring directly into my role with the Starfish Foundation.

My personal journey has also deeply shaped my understanding of emotional trauma. I experienced three pregnancy losses and later navigated a long, intense NICU journey with my twins, born at 26 weeks. Those months of surgeries, medical crises, and uncertainty taught me how grief, rage, and shame can shape a person - and how powerful it is to slowly reclaim joy, stability, and hope. Because of this lived experience, I now run a micro preemie support group with more than 3,000 members, offering emotional support, resource sharing, and steady guidance to families facing similar trauma.

Across every area of my life, one value remains constant: long-term connection. I believe in circling back, checking in, and walking alongside people as they move from pain toward healing. This is why the Starfish Foundation's mission resonates so deeply with me - helping trauma survivors release what burdens them and reclaim joy, productivity, and possibility is work I believe in wholeheartedly.

As a board member, I would bring strong administrative follow-through, compassionate communication, long-standing community relationships, and a lived understanding of healing. It would be an honor to support this mission and help individuals and families rediscover the hope and empowerment they deserve.

Thank you,

Catharine Han