



# REDEEMED FOR A CAUSE

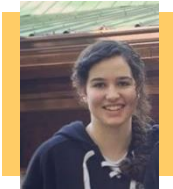
TRAININGS, NEW PARTNERS, SOCIAL MEDIA, AND MORE

## Brand-new Insta!

@redeemedforacause

Feel free to send in any pictures from your time with Redeemed for a Cause for a feature on the Instagram!

## Intern Updates



Our summer intern, Elle, is now permanent support!

"Hello, again – I am glad to announce that I will be sticking around to help with RFAC marketing, social media, and funding. I hope to get connected with more of you soon!"

NATIONAL  
HUMAN  
TRAFFICKING  
HOTLINE

1-888-373-7888

## HELPING OTHERS AND OURSELVES IN THESE UNCERTAIN TIMES

### BACK IN OUR DROP-IN CENTERS

As long as CoVid-19 cases do not rise, we plan on **resuming street outreach** on **October 3rd**. We will be in our **South Philly drop-in center every Tuesday** and our **West Philly drop-in center every Thursday** from **11:00 a.m. to 2:00 p.m.**

### NEW CLOTHING AND TOILETRY CLOSET

On **September 8th**, RFAC will have a **clothing and toiletry closet** for students at **West Catholic Preparatory School** who might not have access to these items. **Any and all donations are welcome!**



Take time to do what makes your soul happy.

- Unknown

### TRAININGS: WHAT DID WE LEARN?

RFAC partnered with the **Health Federation of Philadelphia** and hosted a **training on "Secondary Traumatic Support"** on **August 22nd**. The following are our **key takeaways**:

- ✿ Be aware of your **mind, body, emotions, and behaviors**, and how they **connect to each other**.
- ✿ **Breathing exercises** help us to **stay calm, be energized, and stay focused**.
- ✿ There are **three types of stress: positive, tolerable, and toxic**. Positive and tolerable stress helps us to be more resilient, while toxic stress can make us overwhelmed.
- ✿ As we continue to work with human trafficking victims, we need continue to **implement boundaries** to **minimize secondary traumatic stress** and **avoid burnout**.
- ✿ Prioritize **self-care**, so we can **be our best selves** when we **help the ladies**.
- ✿ **Schedules** are a great way to **create balance** in our lives.
- ✿ **Self-compassion** is essential - oftentimes, we are our **worst critics** and we have to remember to **talk ourselves the way we would talk to a close friend**.

## SCHOOL, SOCIAL MEDIA, AND SEXTING

Instagram, Facebook, and other social media platforms are more than a way for teenagers to connect. They're hunting grounds.

Contrary to "Taken," most victims are **groomed rather than kidnapped**, and now—especially with CoVid-19—**more and more grooming takes place online**. Traffickers are subtle, clever, and ruthless in their recruitment techniques and **target teenagers who reveal vulnerabilities**, such as cracks in a teenager's home and/or social life, and swoop in as "caretakers."

School, Social Media, and Sexting will lead a discussion about the **exacerbation of issues**

surrounding trafficking due to CoVid-19 and what we—as parents, educators, law enforcement, and counselors—can do to **protect our youth**. The workshop will feature helping professionals such as teachers, dean of students, school counselors, probation officers, judges, and law enforcement who will share their **experience and role in working to protect our youth** during such trying times in the world.

**Please join us! We would love to have you.** More details coming soon.

## SELF-CARE FOR YOU

In light of recent events, RFAC has compiled a collection of recommended books on trauma, trauma-informed care, and general wellness.



## GET INVOLVED

At **Redeemed for a Cause**, well-being is at the forefront of what we're **working together** towards. Our programs and activities are designed to be a **catalyst** that helps community members reach their goals and **fulfill their potential**. Learn more about the impact we have and join us in bringing about **positive change**.

[www.redeemedforacause.org](http://www.redeemedforacause.org)

## IN OUR NEXT ISSUE

Hear more about our Self-Care and Resilience Training and our School, Sexting, and Social Media trainings as well as our plans for resuming outreach



[www.redeemedforacause.org](http://www.redeemedforacause.org)



[redeemedforacause@gmail.com](mailto:redeemedforacause@gmail.com)



[@RedeemedOutreach17](https://www.facebook.com/RedeemedOutreach17)