



REDEEMED FOR A CAUSE

RESILIENCE, NEW PARTNERSHIPS, AND THE COALITION

COLLABORATION, TRAINING, SUPPORT

Meet our newest intern!



“Hi! My name is Mallory Manz and I am a new intern at Redeemed for a Cause. Currently I am a senior at Rowan University majoring in Human Services with a minor in Sociology. After graduating I plan on getting my masters degree and pursuing mental health advocacy work. I am extremely excited to be working with Redeemed, as I've always wanted to see what it was like in a non-profit dedicated to a human rights issue.”

NATIONAL
HUMAN
TRAFFICKING
HOTLINE

1-888-373-7888

JUVENILE COALITION AGAINST TRAFFICKING

Redeemed for a Cause is honored to announce our acceptance into the **Juvenile Coalition Against Trafficking** in Philadelphia. **With your support**, we have done so much **work with teens** and have the **experience** and **knowledge** to make **real strides of change** as a member of the coalition.

TOILETRY DONATIONS AND DRIVE

Speaking of teens, we are still in need of **toiletry donations** for our new clothing and toiletry closet in **West Catholic Preparatory School**. With **winter approaching**, both our **women and girls** are in need of **socks, underwear, boots, and warm clothing**.

Due to **CoVid-19**, **ALL socks, underwear, and warm clothing MUST BE NEW**, but **shoes and coats can be GENTLY USED**.



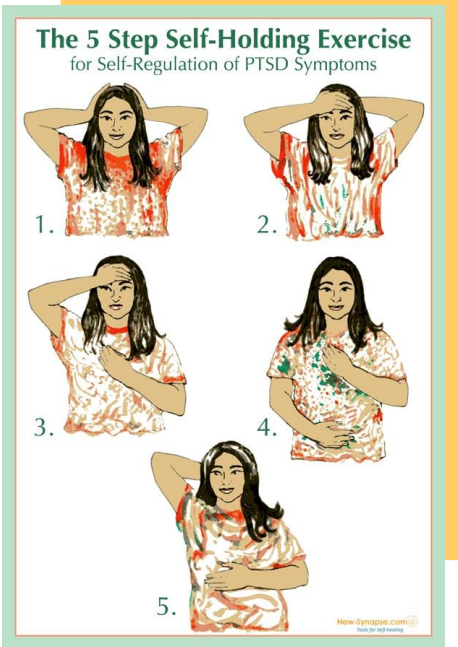
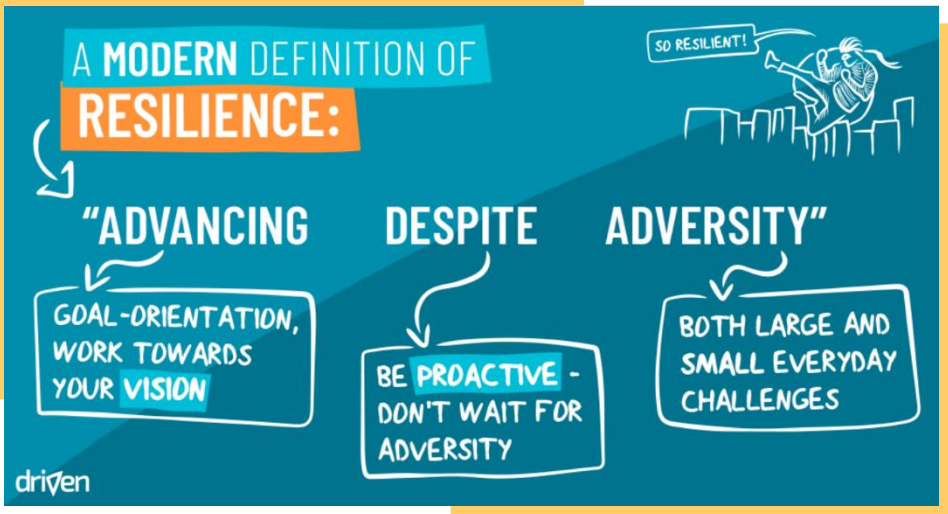
What is your daily recovery plan?

SELF-CARE AND RESILIENCE

Special thank you to **Rebecca Bryan** and **Monica Sullivan** for such a **wonderful training** on **Resilience and Self-Care** for **professionals** in **our field**. Here are some our **takeaways**:

- ❖ **Create a daily recovery plan.** It can be as simple as a calming bedtime routine, unplugging for some time, cooking a meal, or gardening. Studies have shown inhaling dirt spores increases serotonin production—get out into nature!
- ❖ **Mindfulness is the number one method for healing the brain from trauma.** Yoga and repetitive movements are often the easiest place to start on a mindfulness journey, a way to work towards meditation and breathing.
- ❖ **Choose joy.** Joy and sorrow are two sides of the same coin. We can hold onto suffering long enough for it to teach us something, then we must let it go. It takes a certain amount of stability within the self to be able to choose joy—a way to achieve and maintain that stability comes from self-holds and mindfulness work.

See below for graphics and more information from the training.



How do we define trauma?

“Trauma happens when any experience stuns us like a bolt out of the blue; it overwhelms us, leaving us altered and disconnected from our bodies.”

Levine, P. & Kline, M. (2010). *Trauma through a child's eyes*. Berkley, CA: North Atlantic Books.

IN PENNSYLVANIA

There were **275 human trafficking** cases reported in 2019.

- »» 213 involved **sex trafficking**
- »» 26 involved **labor trafficking**
- »» 61 involved **minors**
- »» 131 involved **adults**

NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD. INDEED, IT IS THE ONLY THING THAT EVER HAS.

Margaret Mead

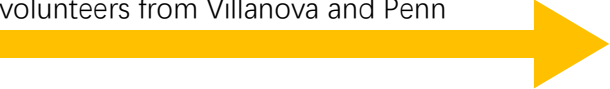
GET INVOLVED

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

IN OUR NEXT ISSUE

Hear more about a potential HIV kit and education training, our winter clothes and toiletry drive, and our new student volunteers from Villanova and Penn



To donate, visit the website or use Cash App at \$redeemedforacause.



www.redeemedforacause.org



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