

REDEEMED FOR A CAUSE OUTREACH



MENTAL HEALTH AWARENESS MONTH... REGROUP RECHARGE

Intern Corner...

Congratulations to our wonderful interns who graduated from Rowan University. Our organization relies greatly on the efforts and help from our college interns. We thank them deeply for all they have done and wish them the best of luck for their future endeavors.

More exciting news, our lead intern Katie Bartholomew will stick around to support and help with the organization's day-to-day activities.



NATIONAL HUMAN TRAFFICKING HOTLINE
1-888-373-7888

May is Mental Health Awareness Month and throughout this month, Redeemed For A Cause Outreach spread awareness for different aspects of mental health. In honor of this month, we want to make sure we are taking care of ourselves. This issue comes up when we are dealing with the students in the schools. As an organization we took time off after progressively working with the students. On our social media platform, we reminded our supporters that their past circumstances and actions do not define them, but they have the freedom to move forth and live an abundant life.

Furthermore, burnout is something that can come on quick without you even realizing it. The signs of burnout include headaches, feeling negative or overly critical, unexplained exhaustion, irritable, becoming physically ill, insomnia, endless anxiety, feeling inadequate and/or hopeless, neglect self-care, and feeling numb or apathetic about life. Therefore, implementing self-care is important because we need to decompress from our busy days. We provided several self-care activities including social time in nature, take a break/social media break, start a new hobby, watch a movie, paint or draw, read a book, etc.

Additionally, a strong support system is necessary because it helps us know that we are not alone. We need to check-in with our loved ones and those friends who are always keeping busy, seems happy all the time, comes across as strong, goes quiet often, always there for others, or never asks for help. We may not be aware of the silent battles they face.

Lastly, your mental health is as important as your physical health. Continue to listen to your body and determine what you need. If you need help, do not be afraid to ask for support. We want to thank everyone for their support to our organization. We are continuing to form new partnerships and collaborating to spread awareness about human trafficking.

SIGNS OF BURNOUT

@BLESSTHEMESSY

- ☁️ HEADACHES
- 👁️ FEELING NEGATIVE OR OVERLY CRITICAL
- 🌙 UNEXPLAINED EXHAUSTION
- ⚡️ IRRITABLE
- 📱 BECOMING PHYSICALLY ILL
- 👁️ INSOMNIA, CHANGE IN SLEEP PATTERNS
- 🌸 ENDLESS ANXIETY
- 🌿 FEELING INADEQUATE &/OR HOPELESS
- 🌈 NEGLECT SELF CARE
- 👁️ FEELING NUMB OR APATHETIC ABOUT LIFE

how to Self-soothe

- 🌬️ breathe consciously; try a breathing exercise
- 🛋️ wrap yourself in layers of blankets
- 📍 visualize a calm place or a happy memory
- 👤 starting upwards, relax your body from head to toe
- 👐 give yourself a hand massage
- 👁️ focus on just one thing; a noise, smell, or sensation around you
- 🧘 try a guided meditation app
- 🥤 drink something warm
- 🎨 doodle fluid, abstract shapes & patterns
- 👤 do a few deep breaths, and visualize the anxious energy leaving your body through your mouth
- 👐 wrap your arms around your body and give yourself a twenty second - hug
- 👤 place your hands on your chest, and feel your heart beating that is the sound of you surviving. you will be okay!
- 🚿 take a warm shower or a long bath
- 👕 put on your most comfortable clothes
- 👁️ close your eyes for a while
- 👤 stand up and shake your body for a minute
- 🛏️ lay down and stretch out your body

POSITIVE AFFIRMATIONS

- 🍞 I am enough
- 👤 I am capable
- ☁️ It's okay to cry
- 🌻 I am stronger than yesterday
- 🌸 My voice matters
- 👤 I will have a peaceful day

HINDFUL THROUGH LIFE

Many have inquired with Redeemed for a Cause Outreach asking how they could **support our ongoing efforts to provide necessities for trafficked women and girls.** Well, here is a way!

We are seeking help to maintain the upkeep of the toiletries we give out during our street outreach, in the emergency community hubs, as well providing them to students in elementary and high schools. Schools we work with include West Catholic Preparatory High School, Richard Allen Preparatory Charter School, Roxborough High School, Edward Heston Acceleration, Camelot Academy Philadelphia, and Vaux Big Picture High School.

Partner with us today to provide toiletries to women and girls who are in need. Drop off days for donations are Wednesday, Friday, and Saturday at our **South Philly location, address: 730-732 W. Moyamensing Ave, Philadelphia PA 19148,** from 12pm-2pm.

Redeemed for a Cause Outreach

TOILETRY DRIVE

Redeemed for a Cause is hosting an ongoing **critical** toiletry drive to address needs created by the pandemic. **CoVid-19** has **worsened sex trafficking** in **Philadelphia**, in particular **child sex trafficking**, and our **women and girls** are in need of:

- underwear
- tank tops
- socks
- disposable washcloths
- deodorant (travel size)
- hand sanitizer (travel size)
- make-up pouches
- ziploc bags
- tampons
- pads
- lotion (travel size)
- combs
- brushes
- toothbrush/toothpaste (travel size)
- shampoo (travel size)
- conditioner (travel size)
- razor
- bars of soap
- make-up

Drop off toiletries at our drop-in center, **730 - 732 W Moyamensing Avenue**, between **11:00 a.m. and 1:00 p.m.** on **Monday, Friday, or Saturday.** Monetary donations are welcome in place of toiletries.

- \$25** provides a woman or girl trapped in sexual exploitation with hygiene essentials and a snack for a month
- \$50** covers the weekly cost of gas for our van to pick up donations and transport women to medical appointments and our drop-in center
- \$75** provides crisis support to meet urgent needs of women during our BI-WEEKLY outreach efforts
- \$100** helps to cover the monthly rent for our drop-in center and provides day-to-day operation support



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Redeemedforacause

IN PENNSYLVANIA

There were **221 human trafficking** cases reported in 2020.

- »» **183** involved **sex trafficking**
- »» **23** involved **labor trafficking**
- »» **57** involved **minors**
- »» **138** 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

At **Redeemed for a Cause**, well-being is at the forefront of what we are **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

Partnership with South Philadelphia Community Fridge



www.redeemedforacause.org



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@RedeemedOutreach17