



REDEEMED FOR A CAUSE OUTREACH

CAREER DAY/COLLEGE FAIR

Redeemed For A Cause Outreach was invited by our partnering school, Excel Academy North, to attend the Career Day/College Fair. Our founder, Sakinah Love, and volunteer coordinator, Katie Bartholomew, spoke to the students about college, trade school, and/or entrepreneurship. We are excited about this opportunity and look forward to future collaboration in the next few weeks as we gear up for the holidays.

EMOTIONAL WELLBEING MONTH

October is “Emotional Wellbeing Month” which encompasses many aspects of taking care of an being aware of our emotional health. Throughout the month of October, we recognized and educated on different aspects of emotional well-being. We highlighted what we can do that will benefit our emotional health including breaks from making decisions, a safe person to vent to, time in nature, moments when you feel valued, space for creativity, etc.

Also, we often can neglect our own emotions unconsciously for many reasons. One reason was because we were not allowed to acknowledge our emotions growing up. We need to become aware of this by recognizing signs of emotional neglect so that we can begin to honor our feelings.

Lastly, establishing and communicating boundaries in any relationship is key for you and your partner’s emotional health and the health of your relationship. We provided six healthy boundaries to communicate in the beginning of a new relationship including how much time you need to process information and how you process information, the amount of time that you spend together each week so that there are clear expectations about the frequency of time together, etc.

RANDOM ACTS OF KINDNESS

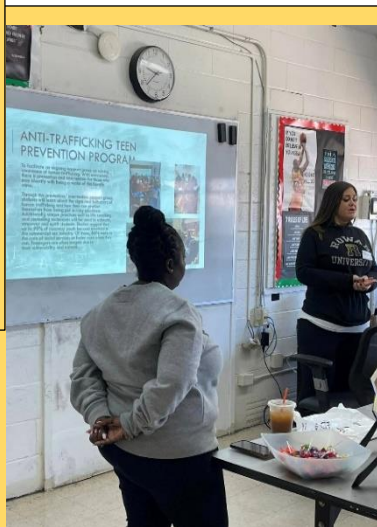
It felt so good to surprise some of our friends at McDaniel Elementary School for Halloween. We got word our community partner Victoria Wiley that a few classes and students have been displaying star behavior and coming to school everyday earning perfect attendance. So, we surprised them with some Halloween treats and nice affirmations. Thanks to our beautiful intern Danielle. We’re excited about continuing to support this school and the community.

Intern Corner...

My name is Rachel Wimmer. Recently, I began as an intern at Redeemed For A Cause Outreach. I began at Shippensburg University of Pennsylvania studying Social Work and recently transferred to Rowan University for my senior year to continue my studies. Though I have only just begun my placement with Redeemed For A Cause, I am excited to see how I’ll be of help for the organization and further its mission. I am looking forward to using my experiences in past internships and implementing them into new programs! Prior to graduation, I intend on finishing out my college experience interning for a substance abuse treatment center in Gloucester County. I have always known that I wanted to major in and work in a field that focused on helping people. I was first connected with Sakinah Love in my Intro to Human Services course when she was my professor. I was drawn to her story, and after hearing that she founded an organization to serve marginalized communities. I felt even more inspired to continue my education in human services. Overall, I am enthusiastic and optimistic about working with Redeemed For A Cause Outreach for the remainder of the semester!

NATIONAL HUMAN
TRAFFICKING
HOTLINE

1-888-373-7888



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.

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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

Friendsgiving



www.redeemedforacause.org



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