

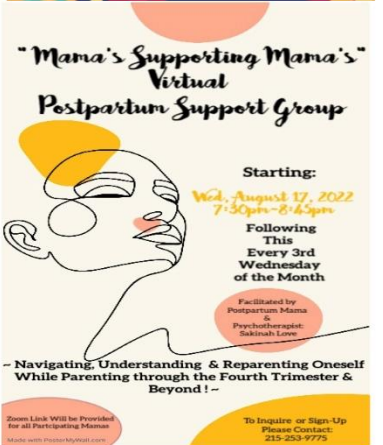
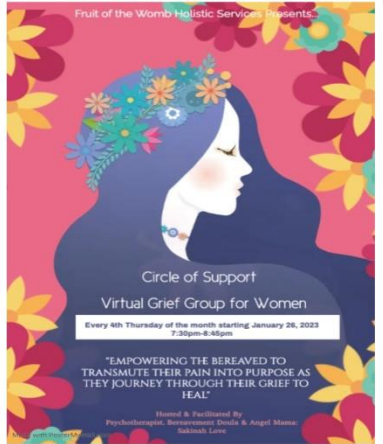
REDEEMED FOR A CAUSE OUTREACH

MARCH IS WOMEN'S HISTORY MONTH

For the month of March, Redeemed For A Cause Outreach celebrated powerful women who were trailblazers in the world as well as uplift women around us. Our founder, Sakinah Love, believes in the holistic approach this includes healing modalities such as meditation, yoga, acupuncture, aromatherapy, and herbal medicine. All in which she believes has helped her deepen her practice in healing her mind, body, and spirit. She has created a space for safety for herself first, that in turn helps her be more present and available for those she is assisting work through their own trauma. In fact, Fruit of the Womb was birthed out of her own challenges. After going through multiple rounds of IVF with no luck turning to more holistic approach was freeing – she felt a part of the process in her conceiving and creating life. After doing the healing work Sakinah and her husband welcomed their miracle rainbow baby girl Cerenity November 2021. As such her passion for supporting women who may have been victimized or abused evolved as her own story transformed. In recent years, she pursued, received certifications, and now holds the titles: Certified Womb Healer, Level 1 Reiki Practitioner, Certified Meditation Coach, and Bereavement Doula. Mrs. Love obtained her bereavement doula certification in November 2022 and felt called to do so after overcoming her own traumatic experience before giving birth to her rainbow baby in 2021. It is her desire to support and stand alongside angel mamas who are still waiting as they move through their grief.

The services that Fruit of the Womb Holistic Services offers are womb healing, bereavement support, and postpartum support. The purpose of womb healing is to honor and connect to the feminine space through intuitive healing. Mrs. Love guides each participant through four phases healing trauma through the womb. Bereavement Doula Support empowers the bereaved to transmute their pain into purpose as they journey through their grief to heal. Mrs. Love offers one-on-one support for birth mothers, their partners, and families to hold space, create a safe container, and develop grief plans as well as other grief exercises to promote healing. Mrs. Love facilitates “Circle of Support Virtual Grief Group for Women” which meets every 4th Thursday. Postpartum Support mission is to navigate, understand, and reparent oneself while parenting through the fourth trimester and beyond. Mrs. Love facilitates “Mama’s Supporting Mama’s Virtual Postpartum Support Group every 3rd Wednesday. Mrs. Love facilitates a book club that meets every Tuesday at 7pm which provides a space for women to discuss their healing journey as well as support and encourage their fellow sisters with their healing journey. So far, we have read *How We Heal* by Alex Elle and *The Sugar Jar* by Yasmine Cheyenne. We will begin reading *Already Enough: A Path to Self-Acceptance* by Lisa Olivera. The book

Lastly, Fruit of the Womb Holistic Services participated at Enon Tabernacle Baptist Church & CoCo Life Black’s 2nd Annual Black Maternal Health Summit & Community Baby Shower. We met with and talked to so many inspiring individuals as well as catch up with some of the moms from the postpartum group. We gained a better understanding of what challenges black women face when it comes to their healthcare and giving birth in the United States. Many women inquired and signed up for our monthly postpartum and grief support groups we look forward to welcoming them to our Fruit of the Womb tribe this upcoming month. Looking forward to what the future holds!



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.

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



venmo



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

Random Acts of Kindness



www.redeemedforacause.org



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@RedeemedOutreach17