

## Volunteering at the Food Bank



A group of volunteers accompanied the residents to a service project at the Food Bank. Everyone had a great time sorting, weighing, and packing noodles to help families in need. It was so much fun that the group went back for another project—this time to pack rice!

Residents enjoyed working with their hands and giving back to the community. One resident found the work therapeutic, and another enjoyed being able to do an interactive activity with a great group of volunteers. One resident especially liked using the seal machine.

Residents so enjoy giving to the community that they have requested to participate in more volunteer projects. For example, one resident has expressed interest in volunteering with children, and another resident wants to volunteer with animals. It's a blessing to help others, so the volunteering project with the residents has become a recurring one.

## Save the Date for the 3rd Annual Benefit Dinner

Our benefit dinner will be hosted on April 28, 2012. We are excited to celebrate our 3rd annual benefit with our supporters. Tickets will go on sale on January 1, 2012. Please contact [info@freedom-house.us.com](mailto:info@freedom-house.us.com) to reserve your tickets now.

## Spotlight...

*This Spotlight features the story of one of our residents Sarah (not real name).*

When Sarah came to Freedom House, she had just come out of a sex trafficking situation. She was extremely unstable and had a lot of needs.

The staff worked hard to get Sarah all the services she needed. Sarah got onsite crisis counseling twice a week, much needed medical care, social service benefits, and legal aid.

With the love and support of staff and volunteers, Sarah was able to get back on her feet. She wanted to reunite with her family, and Freedom House helped to make this happen. Staff worked with another organization to place her into a more permanent housing program with her family.

Today Sarah continues on the path to rebuilding her life. She shares these words with us:

"I am thankful to say that even though we have a long, hard road ahead of us, God is making the way and I am so happy to be back with my family. I thank you for everything that you have done for me. Thank you all for your prayers and your support. I love you, Freedom House!"

## Join Our Holiday Giving Campaign!

Help us raise \$30,000 this holiday season for Freedom House.

Every donation you make will be matched up to \$15,000! Learn more about why we give to support human trafficking survivors.

Get involved here:

<http://www.freedom-house.us.com/donate.php>

## Celebrating Thanksgiving



There's been so much to be thankful for this year at Freedom House. The volunteers, residents, and staff came together to celebrate with a huge Thanksgiving feast. The menu included all the traditional dishes: turkey, mashed potatoes, string bean casserole, pumpkin pie, and many others.

It was a wonderful dinner, and everyone shared what they were grateful for. For some of the residents, it was their first Thanksgiving celebration. One resident said it was her "best Thanksgiving ever" and that she's never felt like she's had such a sense of family. The residents were so touched by how many people showed up and felt very loved by the volunteers and staff.

## Staff Training



Freedom House organized its first all-day staff training. The staff trained one another in case management, peer counseling, motivational interviewing, spirituality, and self-care. The staff role played and learned about conflict resolution from a trainer. The day was a great opportunity for staff bonding, re-training, practicing, and learning new skills.

## Speaker Series

Freedom House has invited a number of special speakers to present on critical topics to the residents. Experts have worked with the residents on cultural diversity, health relationships, proper nutrition, conflict resolution, and self-care. The residents have embraced the presentations and incorporated some of the suggested techniques for healthy living.

## Getting Ready for the Holidays



As it's been getting cold outside, Freedom House has been staying warm and getting into the holiday spirit. The residents have been busy making cards and other gifts to be sold during the holiday season. Several residents have been creating beautiful jewelry, even watching videos to learn new techniques and create innovative designs.

The residents also put together holiday wishlists with items they would love to have. Among some of the items requested: a stuffed Dalmatian puppy (for one resident who has a dog back home), Hello Kitty items (for a resident's daughter), a Pilates kit (for a resident who wants to stay fit), and a digital camera (for a resident who loves to take photos).

Freedom House thanks all our amazing donors who are making the residents' holiday wishes come true!

## Sponsor a Resident

Residents are working on their GED, Highschool Diploma and taking ESL and various certificate classes, and they need your help.

You can help sponsor their education goals for as little as \$100!

Learn how to sponsor a resident by emailing [info@freedom-house.com](mailto:info@freedom-house.com).

## Needs of the House

If you have any of the items below, please email: [info@freedom-house.us.com](mailto:info@freedom-house.us.com)

- laptop
- fabric for sewing
- car (in good condition)
- transportation vouchers
- Lucky's or Safeway grocery cards
- papertowels and toilet paper
- dispensable hand soap
- arts and crafts

## Learn about New Volunteer and Employment Opportunities

There are two exciting volunteer opportunities:

**Shelter Training:** We will be organizing the third Shelter Volunteer Training in March 2012. If you want to volunteer with the residents, please sign up for the training. Email: [info@freedom-house.us.com](mailto:info@freedom-house.us.com).

**Benefit Dinner:** We are looking for volunteers to help us with the third annual Freedom House Benefit Dinner. If you are interested, email [info@freedom-house.us.com](mailto:info@freedom-house.us.com).

Check out Volunteer Opportunities on the website for more information.



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