

## Greetings Friends!

April 2018

Last time we shared about our new Hearthome and the plans we had for it to be a haven of restorative care for girls to heal from the trauma of sexual exploitation. Over the last few months, several girls have come and found safety, peace, fun and most of all, God's amazing love. Here are some of the wonderful therapeutic activities they have been enjoying at the Home.



### Ballet Lessons

What a wonderful **privilege** for the girls to learn basics of a dance that would otherwise not be accessible to them due to high cost.



### Arts and Crafts, Crochet, Sewing and Beadwork



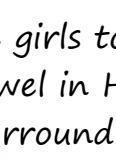
The girls learned crochet and how to sew **pretty** purses. They love beadwork and making paper flowers. On the left the girls used magazine cutouts to make their dreamboards – exciting **dreams** with the sky as the only limit!



Saturday Girls Club – writing time with Tash

### Creative Writing Club

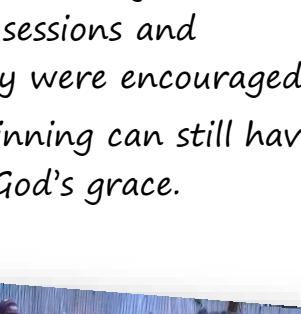
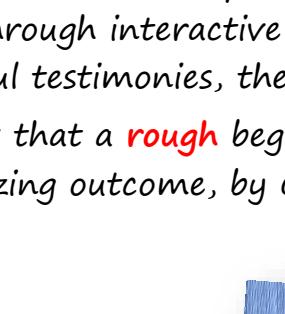
Our friend Lisa travelled from **Tanzania** to facilitate writing workshops for 3 groups, introducing them to the Amherst Writers and Artists Method – an interactive way to develop creative writing **skills**. One of the groups was made up of teenage girls from our neighbouring informal settlement. Since then, the girls formed a writing **club** and meet at our Hearthome on Saturdays. The day includes breakfast, reading, creative writing, arts and crafts, lunch and then games in our yard – lots of fun with creative **genius** blossoming!



### Therapy and Encouragement



From one on one counselling to play and movement **therapy**, group discussions and warm friendly safe hugs – something the girls were not used to receiving before and so they truly appreciate them... everyone needs **healthy hugs**!

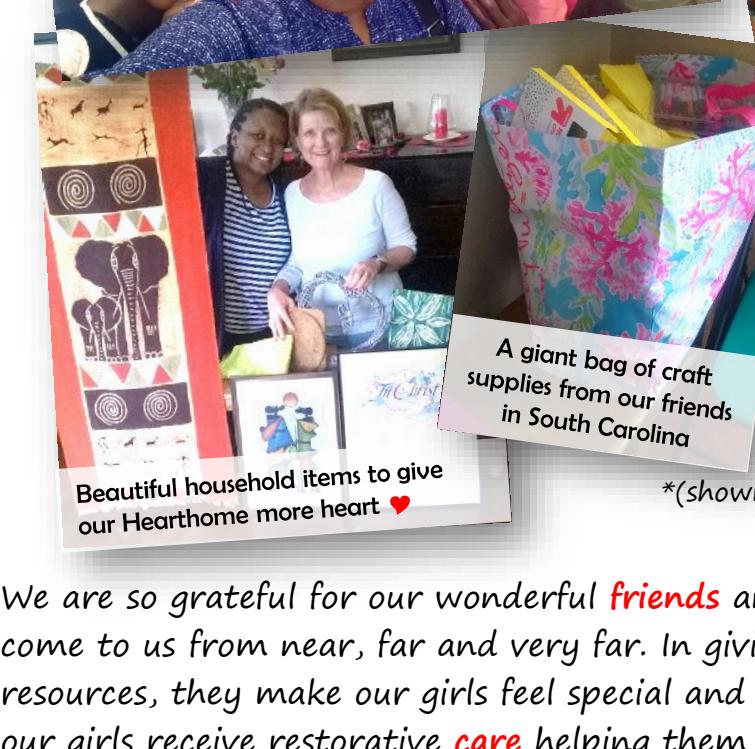


### Good old Fun and Games!

The girls come from informal settlements that are overcrowded with hardly any room for playgrounds. Our yard provides all the **space** they need for soccer, 'kati' (monkey in the middle) and many more games that give them the chance to just be **kids** again.



### Gifts for our Girls



\*(shown here are only a few of the many gifts we have received)

We are so grateful for our wonderful **friends** and volunteers (our heroes) who come to us from near, far and very far. In giving gifts of their skills, **time** and resources, they make our girls feel special and loved. Through all these activities our girls receive restorative **care** helping them heal from their trauma and grow into the most amazing women.

Thank you **Incredible Heroes!**