



2021 GIFT IMPACT GUIDE

My Refuge House

GIVE A GIFT IN HONOR OF SOMEONE YOU CARE ABOUT. IMPACT THE LIFE OF A SURVIVOR OF HUMAN TRAFFICKING.

Everything in this Gift Impact Guide is offered through My Refuge House for the girls, families, and communities in our care.

We've narrowed the listings down to six impact areas:

Education

Therapeutic Restoration

Leadership & Life Skills Development

Physical Wellbeing

Campus Life

Family & Community Engagement

With the focus of being good stewards of your gifts, when we receive contributions greater than our needs for any specific program category, we will direct surplus funds to the most urgent needs in our work of restoring lives impacted by human trafficking.

Any gift amount given is greatly appreciated and impactful.



HOW IT WORKS

Shop for a meaningful gift for the people you care about from the comfort of your home. Our Gift Impact Guide highlights several ways you can give friends and family a gift that matches their values this holiday season. Each gift will have meaning and impact that extend far beyond the holiday season.

1. Identify friends and family who would like to receive a gift of impact.
2. Choose the impact area(s) that most meaningfully matches what they value.
3. Give a gift (amount of your choice) at myrefugehouse.org/give
4. Provide the gift recipient's name, email, and a personal message if you would like for us to send them notification. Note: You may also skip our notification and select your own printable cards through a link you receive, after you donate.



AREAS OF IMPACT

- 01 Education
- 02 Therapeutic Restoration
- 03 Leadership & Life Skills Development
- 04 Physical Wellbeing
- 05 Campus Life
- 06 Family & Community Engagement

*"Safety and security don't just happen, they are the result of collective consensus and public investment. We owe our children, the most vulnerable citizens in our society, a life free of violence and fear."
- Nelson Mandela*





EDUCATION

*"Education is the key to unlocking
the world, a passport to freedom." —
Oprah Winfrey*

EDUCATION

CUSTOM SCHOOL PROGRAM

When every girl arrives our teachers assess her educational needs and create a custom program through our accredited homeschooling curriculum to meet those needs.



COLLEGE

After completing secondary education, girls may pursue higher education. MRH staff educators & social workers become a support system as they navigate this new experience. My Refuge House also provides scholarships if others are not available.

SIBLING SCHOLARSHIPS

We understand the importance of education in the lives of our girls. When her siblings are educated, we have also seen how the entire family can move ahead. When a sibling shows interest and the family desires to support this interest MRH will help to provide the appropriate support needed.



THERAPEUTIC RESTORATION

"The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love." — Bruce Perry



THERAPEUTIC RESTORATION



INDIVIDUAL THERAPY

When girls are ready for their own individual therapy, we provide individual therapy with a licensed clinical social worker who specializes in trauma-responsive care and play therapy.



GROUP THERAPY

Every interaction on campus is designed to be therapeutic. Designated group therapy sessions are experiential. These sessions support our girls as they process thoughts, feelings, and experiences as part of a larger community.



PLAY

Recreation is critical to the healing of our girls. From less structured free play around campus, to more structured play and learning of sports like volleyball and badminton, play helps reinforce rules, trust, cooperation and structure while also liberating laughter and the inner child of each girl. We're currently realizing a long-time dream of building a playground on campus.



LEADERSHIP & LIFE SKILLS DEVELOPMENT



LEADERSHIP & LIFE SKILLS DEVELOPMENT

*"Anyone
who does
anything to
help a
child is a
hero to me."
— Fred
Rogers*



GIRL SCOUTS

"The Lotus Troop" is our own troop affiliated with The Girl Scouts of the Philippines, the national Girl Scouting association for girls and young women in the Philippines. Our trip aligns with the GSP mission and provides space for each girl to maximize her fullest potential to become a responsible and productive member of society.



LIVELIHOOD PROGRAM

Through our livelihood program, our girls learn skills and build a foundation of business savviness. Some of our projects include making and selling: crochet products, laundry soap/softeners, snacks, and jewelry items.



PEER LEADERSHIP

Our peer leadership program builds self-esteem and independence by developing problem-solving and critical thinking skills. We encourage peer leaders to model pro-social and positive behaviors and attitudes. They learn they have the power and responsibility to influence positive change in their environment, both at My Refuge House and in the community.

PHYSICAL WELLBEING



PHYSICAL WELLBEING

"It is health that is
real wealth and not
pieces of gold and
silver."
Mahatma
Gandhi



MEDICAL CARE

Medical care is an essential piece to the restoration of the girls at My Refuge House. For many, this is the first time they will have received such care. Girls can expect to have dental treatment, their eyes checked - glasses provided if needed, gynecological exams, and overall general physical care.

FOOD & CLOTHING

When basic needs are met, emotional and physical restoration can begin to take place. Our girls are provided with clothing they feel comfortable and confident in. The dietary needs for proper development in children are essential. Each girl receives a balanced diet along with instruction guiding them in nutritional information.

ZUMBA, YOGA & DANCE

Movement is an important part of our girl's restorative journey. Children need to move and providing them with opportunities like Zumba, Yoga, and Dance brings them joy and encourages healthy habits.



CAMPUS LIFE



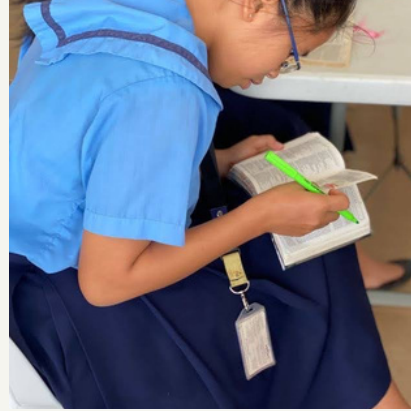
*"The most effective kind of education is that a child should play amongst lovely things."
— Plato*

CAMPUS LIFE



MUSIC

Our girls love all forms of music. They have the opportunity to take piano or guitar lessons. They spend time with their friends singing and playing songs along with composing new pieces.



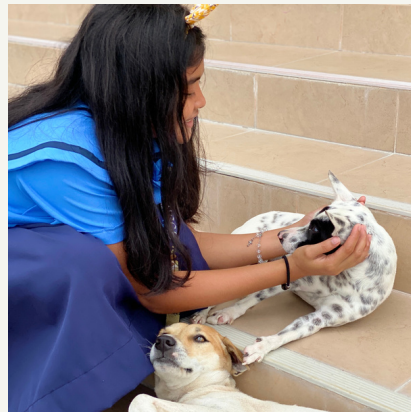
SPIRITUAL FORMATION

Together in community along with a spiritual director our girls explore the nature of God. They learn of trust, grace, and sacrificial love of Christ and how this can and will transform their lives.



COOKING

Children always love to cook and our girls at My Refuge House are no different. Our house moms give opportunities to experiment with new recipes and cook with friends. The girls also get the privilege to cook for the MRH Family. They're excited to share what they have learned.



ANIMALS

Animals are an important part of our campus. Through the years we have had dogs, cats, goats, chickens, and a rooster. The girls have learned nurture through caring for the many different animals, but they have also received so much unconditional love from those same animals.

FAMILY & COMMUNITY ENGAGEMENT



FAMILY & COMMUNITY ENGAGEMENT

I SPEAK

In 2015 we launched our prevention program, iSpeak. This program is designed to promote awareness among the youth, in the family, and with our communities about violence-related issues such as human trafficking and abuse by providing them with free training. We identify leaders within schools, organizations, and local governments to offer trainings and are strengthening our “train the trainer” track to sustain community awareness and advocacy.



FAMILY DEVELOPMENT

Establishing relationships with our girl's families is important to us. When provided with the following information families will feel better equipped to support and encourage their children on this difficult journey.

- Awareness regarding different types of abuse, sexual exploitation of children, and other violence-related issues
- Information and access to community resources (e.g. medical, legal, financial assistance, educational, livelihood)
- Knowledge about how to help their children's healing and restoration process
- Understanding the rescue operation and other legal proceedings related to the cases of their children

*"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."
- Mother Teresa*

RESTORING ONE LIFE AT A TIME



Consider giving today!
myrefugehouse.org/give

MY REFUGE HOUSE

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