

PROVIDE CARE FOR THE CAREGIVERS



Ascent 121 provides long term trauma recovery services for teen survivors of sex trafficking in Indiana. The Ascent 121 staff is delighted to provide this opportunity to those who want make a real difference. Due to the trauma experienced in trafficking and to confidentiality regulations, volunteers do not work directly with the survivors. This project would be a great help to us.

SPONSOR A RETREAT FOR THE CAREGIVERS

Teens that survive sex trafficking have endured extraordinary trauma. Working with those clients all day every day is very stressful to our staff and frequently results in secondary trauma (stress, inability to sleep, challenges in maintaining relationships, overly emotional, depression, anxiety, etc.).

Most of the resources that come into the agency are used for the benefit of the girls. It is important to Ascent 121 that our staff is cared for as well. The agency would like to host a day retreat several times a year at Sustainable Faith Indy.

Step One

As a group, learn more about domestic minor sex trafficking and the work of Ascent 121 by visiting Ascent121.org.

- ▶ Click **WHAT WE DO** and watch the short video.
- ▶ Next, click **WHAT WE DO>SURVIVOR SERVICES>RESIDENTIAL SERVICES** to learn about their experience.

Step Two

Discuss as a group how to raise funds to sponsor the retreat. The cost is \$250 for a day retreat for 12 people, plus the cost of any other items you choose to provide for the staff retreat. Items that would be enjoyed:

- ▶ Ballpoint pens and journals – consider writing a prayer or message in each journal
- ▶ No need for bibles – they will bring their own!
- ▶ Snacks (individually wrapped, non-perishable)
- ▶ Bottled water
- ▶ Ascent 121 will provide lunch for their team, or if you are interested in providing a homemade lunch that would be lovely!

Step Three

Set a date to bring the items to Group. Once you've gathered your items, spend some time praying for the Ascent 121 staff members who will receive them. Pack all items in a plastic tub with a lid labeled Care For The Caregivers. Enclose a check for \$250 made payable to Ascent 121. Enclose in the box a note that says what church or organization you are from and the contact information for the leader of your group.

Step Four

Contact Megan McGuire (megan.mcguire@ascent121.org) at Ascent 121 to arrange a time to drop off the box at her home in Carmel. Thank you!

Ascent 121 is a faith-based, non-profit human services organization with a goal of addressing commercial sexual exploitation and domestic human trafficking through therapeutic victim services, awareness and outreach.

Ascent121.org | 317.759.0067 | [@AscentOne21](https://twitter.com/AscentOne21)

