

HOW CAN YOU MAKE A *REAL* DIFFERENCE?



Ascent 121 provides mental health recovery services for survivors of sex trafficking in Indiana. Kids in our care are mostly teenage girls, but we work with boys as well. The Ascent 121 staff is delighted to provide this opportunity to those who want to 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.

ACTIVITY KIT PROJECT

Many of the teen survivors served by Ascent 121 live in either the community or a locked secure residential youth center. As a way to encourage the teens Ascent 121 creates activity kits, which are fun and therapeutic ways to support them during their recovery process. Please prepare one or two kit boxes only. If you are interested in contributing more, we encourage you to purchase items from our Amazon Wish List at <https://amzn.to/2EwofUB> or commit to a monthly financial gift to our agency to assist us in meeting the year-round needs of the kids in our care. To become a monthly Ambassador, visit Ascent121.org.

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** to learn read about our various programs.

Step Two

Discuss as a group what type of activity kit you would like to assemble and who will collect each of the items. Here are some ideas for you to consider when assembling activity kits. Please keep in mind that any food items included should only be store bought, and in the original packaging. Consider instead a gift card to cover any food items which allows for longer use by the agency. Each care package or activity kit should be geared either toward one teen, two teen friends or the family (up to 5 people).

- ▶ **CROCHET KIT:** 2 crochet hooks, 2 balls of yarn (must be new, store bought, sealed in original plastic packaging), crochet design book, scripture card or inspiring saying quote, individually wrapped, store bought candy (no nuts), bottled drink or gift card for treats.
- ▶ **SPA DAY MANICURE KIT FOR TWO:** 2 or 3 bottles of nail polish (multi-colors, the brighter the better and they love sparkles and fun colors), nail stickers, 2-3 cardboard nail files, hand scrub, package of cotton balls, small package of Q-tips, 2 individually wrapped nail polish remover pads (no bottles of polish remover please), hand moisturizer, 2 hand towels, scented candle, individually wrapped, store bought candy (no nuts), bottled drink or gift card for treats.
- ▶ **SPA DAY PEDICURE KIT FOR TWO:** Pedicure toe dividers, 2-3 bottles of nail polish (multi-colors, the brighter the better and they love sparkles and fun colors), 1 toe scrub brush, foot scrub, package of cotton balls, package of Q-tips, 2 individually wrapped nail polish remover pads (no bottles of polish remover please), lotion, fuzzy socks (2 pairs), 2 hand towels, scented candle, individually wrapped, store bought candy (no nuts), bottled drink or gift card for treats.
- ▶ **SPA DAY FACIAL KIT FOR TWO:** Face wash, exfoliate, face lotion, 2 face masks, 2 face wash hand gloves, 2 hand towels, 2 tweezers, 2 small hand mirrors, scripture verse card or inspiring saying quote, scented candle, individually wrapped, store bought candy (no nuts), bottled drink or gift card for treats.

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://www.instagram.com/AscentOne21)

ASCENT 121



- ▶ **JOURNAL KIT:** 1 book sized blank (non-spiral bound) journal, a set of colored markers, pens and/or colored pencils, colorful stickers, a set of wash tape, stencils, white eraser, pencil bag, scented candle, scripture verse card or inspiring saying quote, individually wrapped, store bought candy (no nuts), bottled drink or gift card for treats.
- ▶ **BIRTHDAY CELEBRATION FOR A TEEN AND THEIR FAMILY:** 1 Cake mix, 1 can of icing, 1 set of decorating items, 1 package of candles, a muffin tin, 1 package of colorful muffin cups, set of birthday paper plates, set of birthday napkins, plastic utensils for six, a scripture verse card or inspiring saying quote, family friendly DVD, gift card for fast food restaurant. Keep in mind this box may be for a boy.
- ▶ **HUG-IN-A-MUG KIT:** 1 microwave safe coffee mug with encouraging saying, 1 cake mix or hot chocolate mix package, 1 tablespoon, sprinkles, mini chocolate chips, recipe instructions, scripture verse card or inspiring saying quote, scented candle, individually wrapped, store bought candy (no nuts), bottled drink or gift card for treats.
- ▶ **DINNER & A MOVIE:** this kit is designed with teenage boys in mind. PG-13 rated DVD. We recommend Marvel superhero movies. Gift card for a fast food restaurant or non-perishable microwaveable dinner for two (mac and cheese or other pasta cups are excellent choices), plastic utensils, microwave popcorn, candy without nuts, bottled drinks.

*Note: All kits may include snacks (must be individually wrapped, store bought, non-perishable, and may not have nuts). Please provide everything necessary for the kit. **All items must fit in ONE tub. Please use clear plastic tub no larger than 16 quart size with a lid** (Available at Target or Walmart for \$5). Note that kits must not include metal knives, screw drivers or other tools, lighters, matches, scissors or mace.*

Step Three

Set a date to bring the items to Group. Once you've prepared all the items for the kit, spend some time praying for the Ascent 121 teens who will enjoy them. You are welcome to write a message of encouragement to enclose in the kit box (please leave envelopes unsealed). 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 Stacie Ballard (Stacie.Ballard@Ascent121.org) at Ascent 121 to arrange a time to drop off the box.