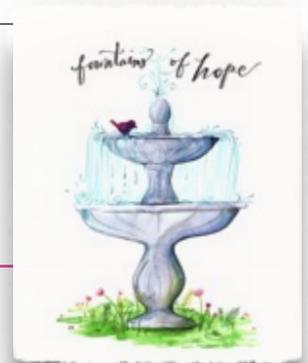


ARM of Care

Art Recreation Movement



By Lauren Fitterer

Mission: Using Creative Arts to restore and empower girls and young women who have been commercially sexually exploited.

Who Are We?

We are a non-profit corporation that provides programs for various agencies that serve those who: have been exploited or are at-risk of exploitation.

Upcoming Events

Listed on page 7 & 8, but more on website below.

President's Message

See page 1 - 2

ARM of Care Stories

See pages 3-6

FOR MORE INFO:

<http://www.armofcare.net>
and LIKE us on Facebook

www.facebook.com/armofcare

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President's Message

Dear ARM family;

As **ARM of Care** provides the safe space for the girls to express themselves in whatever way they are able, we continue to marvel at the creativity and healing that they are able to bring forth. This is not possible without your support, love and care. Thank you from our team who gets to extend the reach from your giving.

We have so many stories to share since we last wrote you, but it will suffice to share a couple and then let you hear from the girls. You can read about our time with the girls throughout this newsletter.

Resilience happens because we join together for this cause. We all get stronger together. On **May 6th, at Party With a Purpose, (photos - pg. 2)** we enjoyed a spectacular night of silent auction, great Rockridge area donations, and fabulous food and inspiring music hosted by **Bay Functional Fitness** on College Avenue in Oakland. The donations continue to come in from that event and we are grateful for the more than \$10,000 you generated to help each of the girls you will hear from and more! Thanks go to the loving owners of **Bay Functional Fitness**, and for expanding our community!

We are also grateful for **Shelter Church in Concord** for dedicating the entrance fee for their clothing swap to us this year. We had lots of fun, and gleaned fabrics, buttons and lace from some of the clothes you gave us for our art projects!!! We had a great time being with you all and **THANK YOU!**



President's Message continued...

Because of your support, **ARM of Care's** team is growing. It is our desire to meet the needs of all the agencies who we are already serving and those who have experienced trauma. There will be six of us attending the **First Aid Arts Workshop** in Seattle in July. **First Aid Arts**, like **ARM of Care** uses the creative arts as a healing tool for children in trauma through trainings. We are excited to learn from them and expand our expertise.

I hope that you feel a part of what we are doing: through connecting with one of the girl's quotes, providing needed supplies - such as a pack of colored pencils, or giving of your time, talents, and/or financial support. We need each other. May you find your summer filled with lots of **Art Recreation** and **Movement!**

Until the next time...

With Care, *Amy*

Bay Functional Fitness, "Party With a Purpose" Fundraiser



Thank you Bay Functional Fitness!



Dear County Band warming up... They were a hit!

Artwork by our girls at the entrance of BFF



L to R. Lise, Kelsey, Darren, Karen, & Julie at BFF

Fender Jazzmaster Guitar signed by members of the Green Day Band.!



Emily Johnson wins the Fender Jazzmaster Guitar!

A for Art

One morning at one of the residential programs, each of the girls wanted to do a different art project. One made a multimedia board telling her story with buttons, fabric, paint and yarn.



Another wrote poetry and collected materials to make an art project - from the poem she wrote about the healing road she is on.



Another took a pair of old blue jeans and decorated them for the wall in her room. The belt she put on her jeans symbolized security, a small metal heart coming out of her pocket is to remind her to never leave or go anywhere without love, the polka dotted fabric is to help her restore her childhood with innocence and curiosity, and a wooden button in the shape of a diamond represents the pressure that will help refine her and make her like a diamond in the rough.

Read some of the things the girls said about Art projects:

"I am proud to see my finished work."

"I learned that when I let go, I can be creative."

"It released my physical tension, I felt more peaceful afterward."

Drama Games and Imagination Activities

Here are some of the things the girls said about Recreation...

"I learned to appreciate myself."

"I learned that I worry too much."

"It was helpful getting my summer planned."

R for Recreation:



Patsy Frame is a Music Therapist who volunteers her time helping the girls find their own rhythms and enjoy making music together - a special thank you, Patsy, for donating your time and “playfulness”!

M for Movement

Here are a few responses from our girls from some of the programs we have done in the last couple of months. We wanted you to "hear" their voices.

Movement and Dancing:

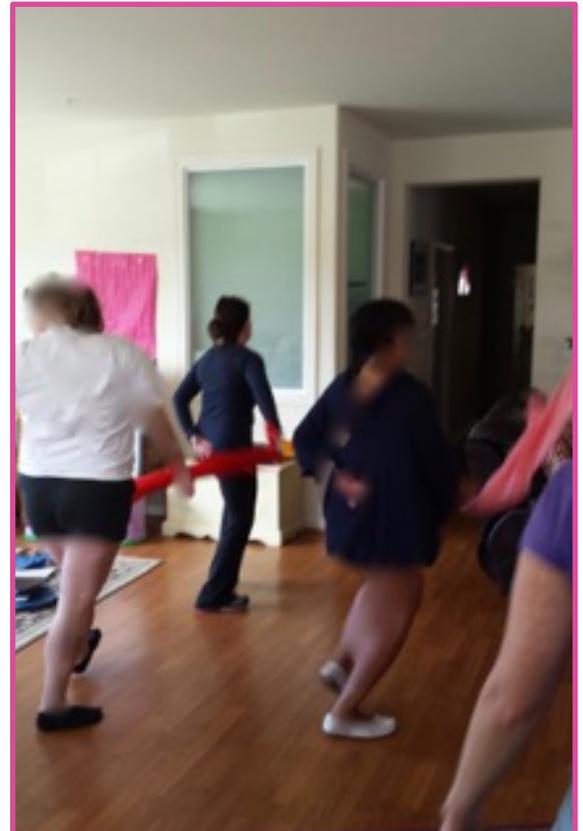
"Today there was an innocence of moving and dancing, not a sultry feeling."

"Movement gave me clarity of thinking. Made me more conscious and more intimate with myself."

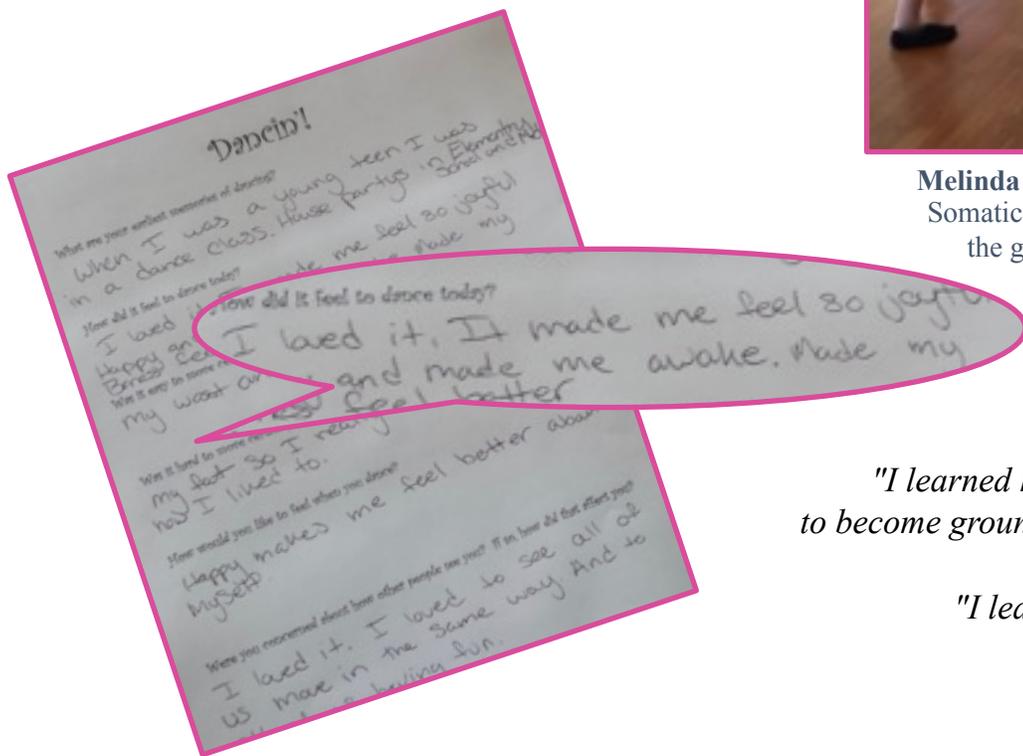
"Dancing in the group brought me in good relationship with the others. I am learning to connect with other people in a good way."

"Dancing brings me joy....forgetting about the bad times and letting them go."

"The stretching was most beneficial and getting all my feelings out and just not in words."



Melinda Teutschel, (with the red scarf) Somatic Movement Therapist leading the girls in this dance program.

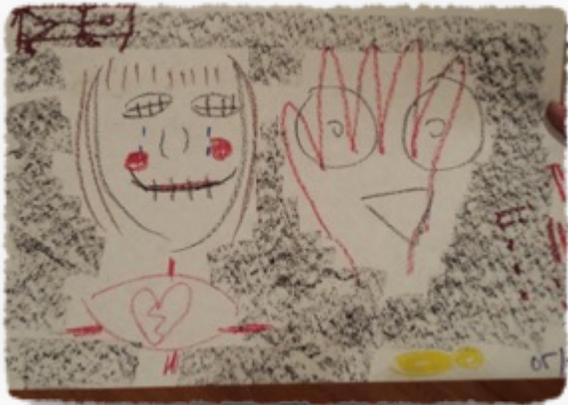


Stress Management:

"I learned how to engage all five senses to become grounded in the present moment."

"I learned how to become hopeful again in times of despair."

We also provided a program one morning on what it felt like to be a woman. The girls did a brain map where they shared words of qualities and experiences. Our movements connected with our bodies and femininity, and then they drew about what they were thinking and feeling. One of the women arrived that morning at this facility for the first time in the middle of the program. She sat down with us in time to do the movement exercise and draw with us. To be in a new environment and out of reach of her perpetrator was relieving for her, but being in a place where you don't know anyone was also scary. Trauma has been part of what she has known for way too long. What she shared of her story through her words and drawing rattled us. This is what she drew that first day of being rescued.



The yellow at the bottom is her child, which she shared is the only bright spot in her life. The hand is of her pimp who had control over her body.

Two weeks later we got to dance with her using scarves and instruments. Can you see the change in that week's drawing?

She was able to feel free in her body and begin to learn that it does indeed belong to her. She said, *"The parts of me that I negatively associate with from my trafficking experience now move, and I see it as freedom to move and to use those parts for freedom. For me to use my body for ME and NOT on demand for someone else."*



Watching her and others heal is the greatest gift of our work. THANK you for reaching to restore her!

One of the girls recently graduated from one of the programs and she wrote this to our team: *"I love you guys and I will never forget the times I had with you. I love that I learned a lot about the body and there will be moves that I will use in my future."* Our team has enjoyed working with her these last 6 months. We will miss her and wish her continued self-discovery and healing.

Needs & Requests

Gift cards of \$25 or more - used to buy art supplies, outdoor game equipment and food for our healthy eating programs.

- Michaels
- Trader Joe's
- Blank postcards (not written on) for drama and imagination activities.
- Volunteers to help with September 25th fundraiser (please contact Lise@ARMofCare.net)
- 15 Art Therapy coloring cards and books with colored pencils/ thin markers
- 15 Art Pads and packs of oil pastels



Upcoming Events

Sunday, September 25, 2016

Save the date for our annual

Fountains of Hope

ARM Fundraiser

Flyer on page 8

December 10, 2016

Pilates For a Purpose

Walnut Creek & Berkeley Sports Basements

Celebrating our 8th Annual Pilates event

sponsored by **Sports Basement**



Businesses, organizations, corporations, and grantors who have supported **ARM of Care:**

We ♥ and THANK our volunteers!

- **Angie Kavert** and her youth group at St. Matthews Church for their vases, colorful flowers, and cards.
- **Matt and Cathy Sears** for so many food gift cards and the coloring cards.
- **Lowell Berry Foundation** for a lovely and affirming networking luncheon for all their grantees.
- **Amy McRoberts** for the Clothing Swap
- **Heather Michaels** for researching funding sources.

- In-N-Out Burger Child Abuse Foundation
- Lowell Berry Foundation
- Noll Foundation
- Orinda Community Church
- Walnut Creek Presbyterian Church
- Red Oak Opportunity Foundation (ROOF)
- Sports Basement
- Lillian Goldman Charitable Trust
- Oakland Berkeley Assoc. of Realtors (OBAR)
- Various Corporate matching grants from Genetech, Itron, Shell, and Simpson
- Z Health
- Golden State Warriors
- SF Giants
- Canvas & Cabernet
- Temple Kol Emeth in Marietta, GA



"Fountains of Hope" Fundraiser!*

SUNDAY, 5:00 - 8:00 PM
SEPT.

25

Private Home in Danville

Tickets \$60 (LIMITED TICKETS)

To Purchase Tickets: <http://armofcare2016.bpt.me>



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Featuring:

- Elegant alfresco dining by J. Gourmet Catering
- Live music by the Fret Knot Band
- Special guest speaker
- Silent auction
- Opportunity drawings
- Fun! Fun! Fun!

*Non Profit - (c)(3) Tax ID: 46-1242916