



Jeremiah's Promise Quarterly Newsletter

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More New Friends



Transition is part of the nature of what we do at Jeremiah's Promise, and recently we've said goodbye to a few of our friends and hello to new ones, including Samantha. Sam loves reading, writing, and anything related to art. She is excited about starting college in April. With a beautiful smile and a matching disposition, she is a warm, quick-witted and welcome addition to the household.

Sam joins our other girls who continue to learn and grow in foundational areas

of their lives. We root for them continuously as they try something new and difficult and either learn from the experience or enjoy an outright victory. Most recently, they celebrated in successfully filing their tax forms and completing their college financial aid applications. Neither is an easy feat. Maybe the entire college-going population could benefit from being in Jeremiah's Promise!

[→ Healing One Day at a Time](#)

At Jeremiah's Promise, we offer a wide variety of services to our residents, including



academic, occupational, and other "practical" support. The most important thing we offer, however, is often overlooked: emotional support and healing. Many, if not

words of wisdom at our
Life Skills Class!
[Click here to find out how!](#)

Exciting Updates from Jeremiah's Prom...

most, of the girls who come to JP have suffered abuse in their childhood. At the very least, they have all gone through the trauma of being separated from their families.

One of the core values of Jeremiah's Promise is to provide a safe, loving environment where the girls can explore these emotional wounds and eventually find healing. To that end, we offer access to counseling services. More foundationally, all of the staff and volunteers share a common goal of loving the girls unconditionally and being available to talk about anything that comes up for them. It doesn't happen overnight, but we begin to see healing and transformation over time as the girls confront the pain from their past. This transformation is absolutely essential for the girls to succeed in our program and, more importantly, in life. All of the education and job training and financial skills we have to offer will not enable them to become fulfilled, deeply happy, and loving women if their emotional trauma is left unaddressed.

→ Staff Snapshots: Anna and Renee



Because of our focus on emotional healing, our residential staff play a very important role in our program. They spend the night regularly at Jeremiah's Promise, and this is not only to ensure the supervision of the safety of the girls. They are the ones who spend long hours just living with the girls, getting to know them and sharing their own stories, in the hope that the girls will come to trust them enough to open up about deep, unresolved pain.

Anna (pictured above), shares a story of her experience on one of the girls birthdays: "I knew this resident was out with her boyfriend and would not be home until later. When she arrived I could hear another resident gladly greet her but then I heard tears. I waited for about a minute and then heard, "Anna can you come". I took a deep breath and walked down the hallway. The birthday girl was crying because her mom had not called her to wish her a happy birthday and she had had an awful day. She said that her birthdays are always awful. I hugged her and one of the other girls and I walked her to her room to surprise her with a gift from the staff. This cheered her up slightly. I then proceeded to share a similar story of my childhood. When I was done, we were all crying and then started laughing at the sad sight. The birthday girl gave me another hug and whispered a

Exciting Updates from Jeremiah's Prom...

"Thank you" in my ear. The evening went on as life does. I am glad I was there to share my life with them."

Renee (on the right) comes from a similar background as the girls at JP and has seen first-hand how a life can be completely turned around. She is now inwardly fulfilled, financially stable, and the proud parent of a wonderful son. She hopes that by spending time with the girls she can give them hope that they too can be successful adults and parents. They don't have to be victims of their past, but instead they can choose to make a difference in the world. Renee feels that her role as night staff has given her the opportunity to open her life as an example to the girls.



→ Manicures, Munchies, and Makeovers

To create some dorm-like "girl time," we hosted a mani/ped/makeover and night on Saturday March 20. It was a time for women of all ages to relax with the girls and each other, paint their nails -some in pretty wild colors - and sample delicious



munchies. As an added incentive, we had a professional make-up artist give free make-overs. If you would like to attend future events, send an e-mail to volunteer@jeremiahspromise.org. Sorry men, but this is for ladies only.

→ The Impact of your Contributions



A heartfelt thank you to those who helped us surpass our Christmas giving goals during a very challenging economy.

If you would



like to contribute to one of the

following, you may donate online at www.jeremiahspromise.org or mail a check to Jeremiah's Promise, P.O. Box 1393, Palo Alto, CA 94302.

Average Heat, Electricity and Water and Trash for the JP Residence for one month: \$250

Food and housekeeping items for all girls for one month: \$600

Bedding, towels, basic toiletries for new girls: \$300

Counseling for one person for one month: \$130

Youth Activities for the year (promoting healing, camaraderie and healthy choices): \$2500

Cost of one week of Life Skills session: \$451

Wishlist

Gift cards are very much appreciated and may be applied to the following:

- Office Depot/Office Max
- Folding Chairs needed
- Printer Ink needed
- Safeway cards - Girls shop weekly for groceries
- Bed, Bath & Beyond - Bed linens for the girls
- Michaels - Arts & Crafts supplies
- Gas cards
- Hoping for a Propane Grill for JP BBQs!

Thank you for helping us keep the girls moving forward!

Thank you for taking the time from your busy schedule to stay up to date on the amazing happenings at Jeremiah's Promise. You have made a difference already... please don't stop now!

Sincerely,

The Jeremiah's Promise Team
Jeremiah's Promise, Inc.

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