

VISTA MARIA

Volunteer News

You protect. You encompass. You embolden. You empower.

Hello Friends,

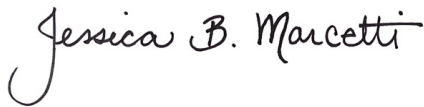
Happy New Year! We can still say that so late in January, right? I hope everyone had a fantastic holiday, surrounded by friends, family, and lots of good food! As always, our team was in awe of the support we received from all of you this holiday season!

For the first time in several years, we were able to welcome large groups of volunteers back to campus in support of our Holiday Wish List program. We had 104 youth complete wish lists, and you helped us fulfill, wrap (416 items!), and deliver every single one of them. I am so grateful for your continued support of this program that brings joy and magic to the youth in our care. Thank you!

Read on to see a few of our favorite photos from the season, as well as some info about all of the great things coming up in 2023.

Here's to a great year ahead!

Jessica



Jessica Marcetti, MA, CVA
Senior Manager, Community Engagement

Our Holiday Photo Album





January is Human Trafficking Awareness Month Here's How to Get Involved:

Attend the Statewide Human Trafficking Summit (Virtually or In-Person)

As you may know, January is Human Trafficking Awareness Month, so as supporters of Vista Maria and our youth, I thought you might be interested in attending this year's Statewide Human Trafficking Summit.

The 2023 Summit includes networking, discussions, interactions, and perspectives from subject matter experts, including those with lived experience.

The goal of this forum is to increase



STATEWIDE HUMAN TRAFFICKING SUMMIT 2023

January 26
8:30am - 2:00pm

Attend virtually or in person at:
MSU Management Education Center
811 W. Square Lake Rd., Troy, MI 48098

collaboration and effectiveness across Michigan communities by identifying barriers, building relationships, and strengthening partnerships.

I encourage you to join us for this hybrid event, where we explore best practices and resources for Michigan's service providers, community partners, volunteers, funders, and others who serve trafficked persons and work to prevent human trafficking.

[Register Now!](#)

Become an Abolitionist

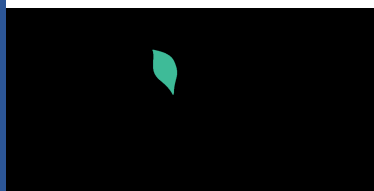
This 10-week email training series has been designed specifically to help equip you with the human trafficking knowledge, resources, and tools you need to start spreading awareness and making a difference within your community.

*Upon completion of the series, our Abolitionist Kit will be available to you.

[Become an Abolitionist](#)



Get Involved with MAP and Your Community!



Awareness of human trafficking is the first step to eradicating modern slavery. MAP is dedicated to bringing the problem to the forefront of public consciousness through education, awareness events, partnerships, and service to our community.

[Get Involved](#)

Whether you [join a local MAP community group](#), [pledge to end the demand](#), or [attend an awareness event](#), YOU can join the fight to end human trafficking.

Wear Your Fearless Heart on Your Sleeve

Your purchase supports survivors well beyond the month of January!

Proceeds from each shirt help fund our full continuum of care, addressing the unique needs of young trafficking survivors. From intensive residential treatment to health and self-care activities, your purchase helps young survivors start to see their path forward.

Empower Survivors



Meet Maddie!



We're starting 2023 with a new Mentor & Volunteer Coordinator! Maddie Phillips joined the Volunteer Resources team in November and hit the ground running during our Wish List Season.

With a background in recreation therapy and a previous internship at Vista Maria, she is well-equipped to meet the needs of our youth and volunteers.

If you haven't volunteered in a while, or would like to chat about how **you** can serve our youth, give Maddie a call!

Maddie Phillips
Mentor & Volunteer Coordinator
313-271-3050, ext.221
mphillips@vistamaria.org

Volunteer Opportunity: Become a Mentor

We currently have **4 youth** on our waiting list who would like to be matched with a mentor.

Residential Mentoring is perhaps our most rewarding volunteer program, and Maddie would love to chat with you about it and answer your questions! You can also [visit our website](#) for more information.

Mentors must be women, at least 20 years old, and able to meet with their mentee on Vista Maria's campus for 1 hour every week.

Contact Maddie Phillips to get started:

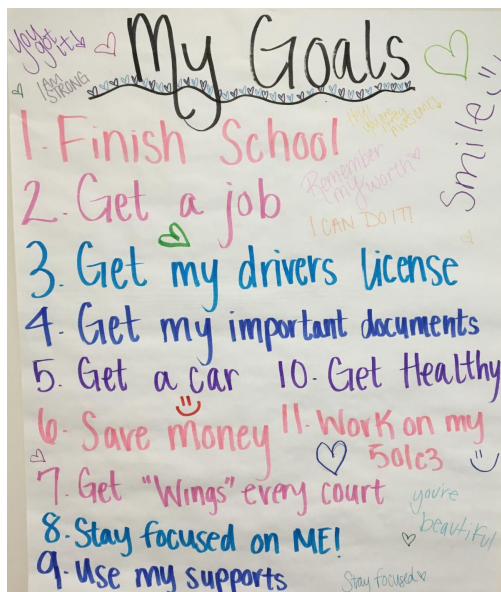


Volunteer Opportunity: Become a DREAM Mentor

What is DREAM?
Dreams Realized through Education And Mentoring

Youth who choose to participate in DREAM are serious about receiving academic and life skills support. As a DREAM Mentor, you will be a positive adult role model helping our youth (Dreamers) plan for their futures.

Together, we'll use interactive activities that allow our Dreamers to foster ownership and love for their educational journey, explore different career opportunities, and enhance necessary life skills.



DREAM Mentors support, guide, and inspire the teens they work with, all while helping them build skills in these core areas:

- Goal Setting & Attainment
- Self-Advocacy & Empowerment
- Workforce Readiness & Career Planning
- Time Management
- Strength Finding
- Power of Positive Relationships
- Critical Thinking & Problem Solving
- Leadership Development

Becky Hermann
DREAM Program Manager
313-203-2027
rhermann@vistamaria.org
OR [Sign Up Now!](#)

Self-Care Corner

Self-care is not an indulgence. Self-care is a discipline. It requires tough-mindedness and respect for yourself and the people you choose to spend your life with.

Self-care could look like:

- Going to bed instead of watching another episode of "The Crown" so you can get to the gym at 6am.
- Declining the second drink during girls' night out.
- Saying "no" to the thing you don't want to do... even if someone is going to be angry at you.
- Going to the dentist, even though you *really* hate it.
- Maintaining financial independence.
- Doing work that matters.
- Letting other people take care of themselves.



It takes discipline to do the things that are good for us instead of what feels good at the moment. Self-care is also not something to do once in a while when the world gets crazy. It's what we do every day, every week, month in and month out. It's taking care of ourselves in a way that doesn't require us to "indulge" in order to restore balance.

When we truly care for ourselves, we are in a much stronger place to care for others joyfully because that caregiving doesn't come at our own expense. Take a moment to think of something you can do to care for (but not indulge!) yourself in 2023. Here's to a **happy and healthy** new year!

(Adapted from pathforward.org)

Volunteer Spotlight: Great Lakes Wine & Spirits



This month's shoutout goes to the volunteers from Great Lakes Wine & Spirits for contributing the *most* hours of any volunteer group during the Wish List season!

With 92 hours under their belts, these lively elves helped us sort, decorate, organize, and bring merriment to our entire campus. They also let their individual worth shine by fulfilling 5 wish lists! Their team is spread across the state, but they all pulled together to make Christmas wishes come true!

Thank you to the whole team for sharing your holiday season with us!

Stay in Touch!

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