



Good News!

Helping Hands is a Christ-centered ministry helping at-risk women and children struggling with homelessness and other extreme needs build new and better lives, giving help for the present and hope for the future. We do this by providing transitional housing, practical assistance, and transformational discipleship in a Christ-centered community.

Furnished Apartments for Our Residents



Thank You For Helping Us Help Others!

FROM TRAGEDY & TRAUMA TO A NEW & BETTER LIFE

Susan's past includes drug abuse, incarceration, loss of parental rights, and the loss of a child, but the good news is that is her past, not her present and future. In the midst of it all, Susan called on the Lord. He heard and answered her, and she submitted her life to Him. Susan said, *"Through this journey, I learned to persevere, to keep fighting against all odds. What man says is impossible, God says is possible."* She now has custody of all four of her children, is a great mom, and is employed full time. She works with a rehabilitation organization and is working toward seeing her vision to open a school for trauma impacted children come to pass. Susan told us, *"I have never been so happy in my life. God has blessed me beyond belief and Helping Hands is a huge part of that. I want to thank God for always providing for us and giving me the strength to carry on."* To hear more about the wonderful things God is doing in Susan's life and through Helping Hands, please **scan the QR code** and view our Executive Director's interview with Susan.



Providing Opportunities FOR A NEW AND BETTER LIFE!

Our Heart & Mission

Helping Hands helps at-risk women and children struggling with homelessness or other extreme needs build new and better lives, giving help for the present and hope for the future. We do this by providing transitional housing, practical assistance, and transformational discipleship in the context of a Christ-centered community.

We help people build better lives by breaking down the mission into three key areas: better hearts, better families, and better finances. God has taken our residents that were formerly on a path to destruction and has rescued their destinies, giving them a new opportunity to build a godly legacy.

Better Families

An essential part of our mission is helping residents build better families. Residents come to us with a variety of needs and challenges that we help meet and overcome. Most come from backgrounds of trauma that affect the whole family. We are often helping our residents work toward parent-child reunification or transition after a reunification. The process of working toward reunification, transitioning after a reunification, or working through the family issues that caused separation in the first place often cause a lot of stress. This stress can force some to focus on striving rather than thriving and may increase the disconnect between the parent and child.

When this love and trust-based connection is missing or damaged, it often shows up in the behavior of the children. The needs and behaviors of children who have faced long-term stress and trauma cannot always be remedied by traditional means. When our moms gain a greater understanding of the complexity of childhood trauma and its effects on the emotional and behavioral lives of their children, they are better equipped to address their children's needs.

Circle of Security

Joy Zedler of The Pearl Project recently began teaching a class for our moms titled Circle of Security. It equips our moms to respond to their children's trauma-induced behaviors in a way that meets their emotional needs and forms healthy attachments. In the process, this brings relational healing, better emotional management, and improved behavior. In addition to the wonderful opportunity Joy has presented with the Circle of Security, The Pearl Project is working with several of our residents on an individual basis. They are helping them fill their toolboxes with the knowledge and skills to relate to their children in ways that meet their emotional needs, correct adverse behaviors, and help them regulate their emotions.

Angelee's Experience

We love getting feedback from our moms about the great things they are learning that are helping them build lasting godly legacies. One of our residents, Angelee, had this to say about her participation in the Circle of Security classes and outside involvement with The Pearl Project:



"As a mother of three boys and coming from a rough background with deep rooted trauma and improperly fixed mindsets, getting involved with The Pearl Project and taking Circle of Security has been life changing. I have been able to see that there are other ways to raise children besides the ways I was raised. Being able to build trust with my sons and see all of the applied knowledge I've learned come into fruition has been amazing! I also love my mentor Ruth. She is such an amazing woman who loves the Lord. I am learning to trust again myself, and others, which is helping me be able to truly commit to the parent training I am receiving. I am so thankful that I get to experience this in real time, and I know that there is so much more in the future."

Fun on The Farm



Community is an important and powerful part of what we do. Whether it's our weekly worship and Bible studies, residents gathering together for prayer with their kids before school, assisting and encouraging each other as neighbors, or our quarterly Family Dinner events, we are all about making opportunities for meaningful connections. These community connections are opportunities to bring relational healing and restoration to parent-child relationships, as well as times to encourage one another's faith in God's goodness and promises in times of challenge.



Scan for Family Night Highlight Video

One of our annual events that provides many opportunities for fun and connection is called Fun on the Farm. We have photo opportunities for family pictures, dinner, hayrides, candy launches and more. Please scan the QR code to view some highlights of the event and witness the great opportunities it presents for having fun and building meaningful connections between parents and children and other residents.



Use the QR code to view more Fun on the Farm highlights.



A New Beginning

Autumn's past was marked by severe depression, hopelessness, domestic abuse, and addiction. This ultimately led her to prison, where she received Jesus as her Savior and Lord and a new beginning in her life. This experience brought about a hope, peace, and strength she never knew before.

Autumn came to Helping Hands following her release from prison. By attending the weekly women's bible study, prayer meetings, and sharing her testimony, she received healing from her past and discovered her call to ministry and helping others.

Autumn is now devoted to serving people full time in her position at Ocala First Assembly and is nearing completion of her studies to become a Licensed Minister with the Assemblies of God. She is also saving and working towards her goal of becoming a first-time homebuyer.

Autumn said, "I am grateful for Helping Hands' encouragement, love, discipleship, and support. It made a significant difference in my life and has helped me become the woman I am today."



Ways To Support Helping Hands

MONTHLY DONATIONS

CREDIT CARD



We can send you a credit card authorization form. We will enter your donation on the 15th day of each month unless you specify a different day. To request an authorization form, call 352-547-4212 or email jessica@helpinghandsocala.org



DONATE ONLINE

Set up monthly donations through PayPal.

- go to www.helpinghandsocala.org
- click "donate today" in the upper right corner
- click on the donation amount or "other amount" & fill in donation amount
- click on "Recurring Monthly Donation"
- complete personal information
- click submit and you will be redirected to a PayPal Checkout screen
- click log in on your PayPal account

AUTOMATIC BANK DRAFT



Setup free automatic monthly donations through your bank.

ONE-TIME DONATIONS



WRITE A CHECK

Payable to Helping Hands,
101 NE 16th Avenue, Ocala, FL 34470



CREDIT CARD

Call us at
352-732-4464
and we will process your donation over the phone.

CAR DONATIONS for **SINGLE MOMS**

By donating a vehicle, you can enable and empower one of our residents to secure employment, go to work, take their children to school, shop for groceries, and more! We invite you to consider supporting our single moms in this way. Your donation is tax-deductible. For more information use the QR code or call (352) 547-4212.



DONATE YOUR VEHICLE!

 **helping hands**

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