



## HOW TO MAKE A GO-BAG

**Freedom Shield Foundation operates a safe house in the DFW metroplex for sex trafficking survivors who have just been rescued out of the life.** They offer a holistic program to survivors addressing their physical, mental and emotional needs, working with each individual to find long-term solutions for her healing and sustainability.

You can assist in the healing process by making a go-bag,  
a tote filled with therapeutic supplies, such as:

**ART/WRITING SUPPLIES** *paper, markers, coloring pencils, sharpeners, adult coloring books, journals, pens*

**BATH/BODY CARE** *Bath bombs, individual shower gels, lotions, skin care products, fuzzy socks, small pack of tissues*

**STRESS RELIEF** *Stress balls, play dough, fidget toys, silly putty, stuffed animals*

**SNACK ITEMS** *Candy, mints, gum*

**GIFT CARDS** *Target or Walmart gift card to buy shoes and a change of clothes*

**ENCOURAGEMENT** *Handwritten encouraging or empowering notes*

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**STEP 1:** *Buy a reusable grocery bag.*

**STEP 2:** *Choose several comforting items from the list above to fill the bag.*

**STEP 3:** *Take time to wrap and arrange things in the bag, adding ribbon or decorations that express your care for the recipient.*

**STEP 4:** *Include a handwritten note of encouragement with Scripture.*

**STEP 5:** *Pray that God would use the bag to help a survivor find healing and hope in Jesus.*

**STEP 6:** *Deliver the bag to the Connection Center in the atrium of Church at the Cross by Sunday, November 22nd.*

