



Hidden Trez H&K, Inc.

ENLIGHTEN. EMPOWER. ENCOURAGE

EMPOWER CHANGE

Volunteer for the Trezher Tribe



Be part
of another's
healing journey.

Provide
Survivors a
platform to share
their stories.

Enlighten, Empower, and Encourage
Survivors of childhood sexual abuse & the
People who love them.

REAP REWARDS

Professional
Development

Networking
Opportunities

Make a
Difference

Free Access to
Events

Exclusive
Discounts

Visit www.hidntrezer.org

Dear Volunteers,

Welcome to the Hidn Trezher family!

As the founder of Hidn Trezher, Inc., I am thrilled to extend a warm welcome to each of you as you join us in our mission to empower survivors of childhood sexual abuse. Your decision to volunteer with us is not just a commitment of time and energy; it is a profound gesture of compassion and courage.

Hidn Trezher was born out of a desire to create a safe haven for survivors, a place where they can find support, understanding, and the resources needed to heal and thrive. We believe in the transformative power of community and the role each of us can play in fostering an environment of healing and growth.

Volunteering with Hidn Trezher is more than just an act of service; it's an opportunity to be part of a movement that challenges the status quo and brings light to the shadows. You are now an integral part of our collective journey to break the silence around childhood sexual abuse and to build a future where every survivor has the support they need to reclaim their power.

Throughout the Volunteer Launch Season, you will engage in meaningful work, develop new skills, and meet other passionate individuals who share your commitment to making a difference. Whether you are leading a workshop, supporting our events, or helping behind the scenes, your contributions will have a lasting impact on the lives of those we serve.

I want you to know that your efforts are valued and appreciated. Together, we can forge a path of resilience and renewal, offering hope and help to those in need. Let's embark on this journey with determination, empathy, and the belief that every action, no matter how small, can spark change.

Thank you for choosing to be a part of Hidn Trezher. I look forward to meeting many of you personally and witnessing the incredible work we will accomplish together.

With heartfelt gratitude,

Dr. Cynthia Sutherland
Founder, Hidn Trezher, Inc.



ABOUT US



Founded in 2022, Hidn TrezHER is a community-serving nonprofit organization providing global health products, services, and solutions to victims, survivors, and victors of childhood sexual abuse and human trafficking. The organization's name is derived from the idea that survivors of childhood sexual abuse often hide their pain and trauma, but by coming together and sharing their stories. The organization's purpose is to provide a safe and supportive environment for survivors to heal and thrive, through virtual workshops, online support groups, and an online marketplace featuring products and services from trauma-informed vendors.



OUR IMPACT

2030 Goals

Align with United Nations Sustainable Development Goals (SDGs) ensure that all people enjoy peace and prosperity by 2030

2023 Accomplishments

Resourced over **2,061 individuals**, demonstrating significant influence and support for survivors globally.

Goal #1: Reduce Poverty

End poverty in all its forms everywhere.

Empowerment Through Education: Launched and host IAMREMARKABLE workshops monthly, free of charge, focusing on self-promotion skills to help survivors and allies recognize their value in personal and professional workshops.

Goal #2: Good Health & Wellbeing

Ensure healthy lives and promote well-being for all at all ages.

Premiere Annual Mental Health Conference - Flagship Event with the recent theme "Permission to Heal: Progression over Perfection" Conference for survivors and allies.

Collaboration with local partners and engagement in community service activities, like the distribution of free groceries, contributes to making cities and human settlements inclusive, safe, resilient, and sustainable.

Goal #3: Power

Build community power by supporting leaders and organizations of color through capacity-building and supporting their movements.

Developed culturally relevant courses like "Permission to Ask: A Black Man's Bridge from Resilience to Success," and "4Cs to Building a Supportive Community through community empowerment initiatives with Amazon and Maryland Coalition Against Sexual Assault and Maryland Women of Color Network

Goal #3: Strategic Partnerships

Strengthen means of implementation and through global partnerships for sustainable development.

Established partnerships and collaborated with Code M Magazine, Reju App, STAT DC, Prince George's County and Amazon to provide comprehensive resources for survivors of abuse, trafficking, prison experiences, and domestic violence.

VOLUNTEERS

1 Engage the community through meaningful events.

2 Foster a culture of volunteerism and giving back.

3 Support the goals of each event through effective volunteer participation.



Trezher Tribe Volunteers

TYPES

1 Community members interested in literacy, mental health, community service, and personal development.

2 Local students seeking volunteer hours or community service experience.

3 Members of local organizations and clubs aligned with the events' themes.

4 Survivors who directly contribute to the healing and empowerment of other survivors.

Join Us at Hidn Trezher, Inc. – Transform Lives & Find Purpose! ✨

Are you looking for a meaningful way to make a difference?

Do you believe in empowering individuals and healing communities?

Look no further!

At Hidn Trezher, Inc., we're not just a team; we're a family dedicated to supporting survivors of childhood sexual abuse on their journey towards healing and empowerment.

By volunteering with us, you're not only contributing to a noble cause but also gaining invaluable experiences and benefits:

- 🌈 ****Personal Growth****: Embark on a journey of self-discovery, develop empathy, and understand diverse life experiences that foster personal growth.
- 🌐 ****Community Connection****: Be part of a supportive community that values compassion and resilience. Make lifelong friends who share your passion for making a difference.
- 💡 ****Skill Development****: Enhance your skills in a variety of areas such as leadership, communication, and problem-solving, which are invaluable in any career path.
- 🌱 ****Make an Impact****: Witness the tangible impact of your efforts as you help survivors find their voice and reclaim their power. Every contribution, no matter how small, makes a big difference.
- 🎓 ****Professional Experience****: Gain practical experience in the non-profit sector that can enhance your resume and open doors to new opportunities.
- 🔥 ****Find Your Passion****: Discover what drives you as you explore different roles and projects within our organization.

At Hidn Trezher, Inc., we believe in the power of community and the strength that comes from helping one another. Your time, skills, and heart can light the way to a brighter future for many.

❤️ Join our volunteer family today and be part of something bigger than yourself. Together, we can heal, empower, and transform lives.

#HidnTrezher #VolunteerWithUs #EmpowerSurvivors #MakeADifference #HealingJourney
#CommunityLove #VolunteerOpportunities

Let's spread love, healing, and empowerment together! 🌟

Annual Schedule

STAT DC Food Drive (Weekly Saturdays 8am to 11am):

Objective: Provide food resources to survivors and allies alike.

Volunteer Roles: Event setup, food distribution, and cleanup crew.

Preparation Timeline: 1 week before event.

Tea & Talk Workshops (April, August, December):

Objective: Promote mental health awareness and community bonding.

Volunteer Roles: Event setup, guest speakers, facilitators for small group discussions, refreshment coordinators, and cleanup crew.

Preparation Timeline: Start planning 2 months in advance. Finalize volunteers 1 month before the event.

Book Drive (June):

Objective: Collect books for local schools, libraries, and community centers.

Volunteer Roles: Promotion team, collection point managers, book sorters, and delivery coordinators.

Preparation Timeline: Start planning 3 months in advance. Ramp up book collection efforts 1 month before the event.

Christmas in July (July):

Objective: Provide a mid-year festive event focusing on community service and giving back.

Volunteer Roles: Event decorators, entertainers, gift wrappers, food servers, and cleanup crew.

Preparation Timeline: Start planning 2 months in advance. Finalize volunteers and event details 1 month before.

SHINE Conference:

Objective: Inspire and empower individuals with talks and workshops on personal development and community involvement.

Volunteer Roles: Registration desk, workshop facilitators, guest speaker liaisons, technical support, and event coordinators.

Preparation Timeline: Begin planning 8 months in advance. Confirm volunteers and finalize event schedule 2 months before.



Health Fairs



Make a Difference



Food Drives

Workshop Presenters



Dr. Cynthia Sutherland



Panelists

"Voices of Resilience: Stories of Survivor"

HIDN TREZHER PRESENTS:

"CYBERTALK"

Monday
February 19, 2024
6:00 PM - 8:00 PM

Speakers:
[Image of speakers]

Professional Development

Topics:

- What is it?
- How to Get In & Stay In
- Ask Me Anything?

Invitation Only
Registration Fee: Donation
www.hidntrezher.org



Domestic Violence Awareness



PERMISSION TO ASK...

Your Bridge from Resiliency to Results

Join us as we engage in a meaningful conversation with respected leaders in the mental health field and gain insights and perspectives on the impact of mental health on the black community. This session will inspire and teach you how to positively impact your personal mental health journey.

Corporate Sessions

Annual Permission to Heal Conference

POWER UP SESSION: BUILD COLLECTIVE POWER OF COMMUNITY

Community Leaders



Networking



Cultural Communities



Community Support



Hidn TrezHER, Inc.

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2024 Yearly Planner

January
I AM
Remarkable

February
I AM
Remarkable



March
I AM
Remarkable

April



May
I AM
Remarkable


June
I AM
Remarkable



July
I AM
Remarkable



August



September
I AM
Remarkable



October

November

December



I AM
Remarkable



1st Wednesday of
the Month

TEA & TALK
WORKSHOP



1st Saturday of the
Month



Last Weekend of
September



Annually Weekend before
Valentine's Day



Volunteer Schedule

Trezher Tribe

The biweekly 7pm - 9pm meeting schedule for volunteers from April 1, 2024, to October 21, 2024, will be as follows:

1. April 1, 2024
2. April 15, 2024
3. April 29, 2024
4. May 13, 2024
5. May 27, 2024
6. June 10, 2024
7. June 24, 2024
8. July 8, 2024
9. July 22, 2024
10. August 5, 2024
11. August 19, 2024
12. September 2, 2024
13. September 16, 2024
14. September 30, 2024
15. October 14, 2024

Zoom Info: <https://us06web.zoom.us/j/82034357271?pwd=LSxKYcpGQ4ts8yajriar7yVquYTGxr.1>

Meeting ID: 820 3435 7271



RECRUITMENT CHANNELS

"Ready to Make a Difference? Sign Up to Volunteer Today!"

Website
www.hidntrezher.org



Facebook
@trezhertribe



Instagram
@trezhertribe



Volunteer Form
[Google Form](#)



<https://forms.gle/AM7A3CGPVvp299Wj6>



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