



Hidden Trez H&R, Inc.

ENLIGHTEN. EMPOWER. ENCOURAGE

TREZHER



TRIBE

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

BACKGROUND

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.

PURPOSE

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.

VISION

Become a global support movement and symbol of hope for childhood sexual abuse survivors by increasing awareness and visibility of the impact on the community and in the global economy.

#HidnTREZHER #UncoverValueWithn #LivnProof
#VolunteerWithUs #EmpowerSurvivors #MakeADifference #HealingJourney
#CommunityLove #VolunteerOpportunities

CORE VALUES

Our core values guide our principles and decisions to provide physical, emotional, mental, and spiritual recovery. Our values are:

- Enlightening - Enlighten others through education, awareness, and public policy issues.
- Empower others to stand up against childhood sexual abuse gripping many communities.
- Encourage - Encourage others to take at least one step against sexual abuse.
- Compassion - Our compassion for mankind is more than just civility, but it leads us to provide services to help at least one person take 1 step.

Our values are non-negotiable of our work and are applied to all aspects of our organizations work, programs, and staff.

FIRST YEAR ACHIEVEMENTS

Summary of milestones such as the number of people served, workshops held, and major partnerships formed.

+2,067

Served Survivors, Allies, and Community Leaders

23

Workshops, Health Fairs, Private Sessions, Weekly Food Drives, and Conference

REDUCED POVERTY

Professional Development and Coaching: Improved self-promotion skills of 48 people (survivors and allies) nationally through free monthly IAMREMARKABLE workshops.

I AM Remarkable

GOOD HEALTH & WELLBEING

Health and Wellbeing: Collaborated with local 4 partners to serve the community through emergency response, trauma response, and weekly groceries.



MENTAL HEALTH

Recovery Kits: Built and Provided Empowerment Kits to 4 Childhood Sexual Abuse Survivors paid for by allies.



POWER

Empowered over 40 community leaders and organizations through culturally-sensitive courses ("Permission to Ask: A Black Man's Bridge to Success" and "4Cs for Building Supportive Communities") targeting mental health and support for survivors and allies.

Local Support Groups: Hosted 1st Tea & Talk Workshop to facilitate a platform for survivors to connect and share their experiences, and support each other.

Premiere Annual Mental Health Conference: Provided a safe space for 48 survivors, allies, and community leaders to discuss Sexual Assault and Finances, Being Loved by Others, Forgiving yourself, and best practices for developing a healing journey.



STRATEGIC PARTNERSHIPS

Strengthened 4 services for survivors of abuse, trafficking and expanded options for survivors of prison experiences and domestic violence through collaborations with Code M Magazine, Reju App, Mental & Emotional Wellness Centers of Ohio, The Agency, and Amazon.



FUNDING SOURCES

Grants: Received 1st grant through Amazon for \$800

Donors: 22 Donors totaling \$2,400

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.

Transform Lives & Find Purpose! ✨🌟


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


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.

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 (March, 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.

Writer's Workshop (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.

Tribe & Commanders (August - December)

Objective: Concessions to raise money for Conference and Workshops.

Volunteer Roles: Cashier, Food Prep, Inventory, Cleaning Crew

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

SHINE Conference (September):

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.

Professional Development Networking Opportunities Make a Difference Free Access to Events Exclusive Discounts Career Coaching



Health Fairs



Make a Difference



Access to 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

Speaker:
Dr. Cynthia Sutherland
Cybersecurity Expert and Guru

Access to

Professional Development

- What is It?
 - How to Get In & Stay In
 - Ask Me Anything!
- Registration 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 community on the impact of mental health on the black community. This session will inspire and teach you how to positively impact your own mental health journey.

Support Corporate Partners

POWER UP SESSION: BUILD COLLECTIVE POWER OF COMMUNITY



Community Leaders

SPEAKER SPEAKER SPEAKER



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Networking



Community Support



Volunteer Schedule

Trezher Tribe

There will be an Open Door Zoom Call for Volunteers biweekly from 7pm - 9pm for 2024. Schedule is as follows:

1. Monday, August 12, 2024 - 7:00 PM
2. Monday, August 26, 2024 - 7:00 PM
3. Monday, September 9, 2024 - 7:00 PM
4. Monday, September 23, 2024 - 7:00 PM
5. Monday, October 7, 2024 - 7:00 PM
6. Monday, October 21, 2024 - 7:00 PM
7. Monday, November 4, 2024 - 7:00 PM
8. Monday, November 18, 2024 - 7:00 PM
9. Monday, December 2, 2024 - 7:00 PM
10. Monday, December 16, 2024 - 7:00 PM
11. Monday, December 30, 2024 - 7:00 PM

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

Meeting ID: 820 3435 7271

Passcode: f1ZTyyp!

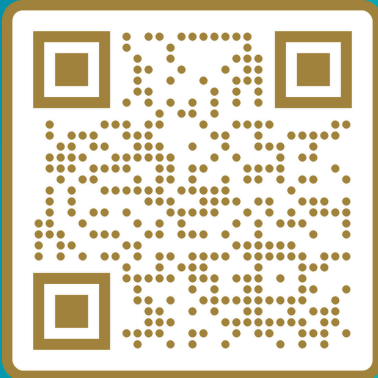


RECRUITMENT CHANNELS

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

Website

www.hidntrezher.org



Facebook

 [@trezhertribe](https://www.facebook.com/trezhertribe)



Instagram

 [@trezhertribe](https://www.instagram.com/trezhertribe)



Volunteer Form

[Google Form](#)



<https://forms.gle/AM7A3CGPVvp299Wj6>