

OCTOBER, 2023

R.E.S.T. RELATIONSHIP FOUNDATION

“

We have been training girls in Katchale regarding Gender Based Violence, we realize that these young people are our window of hope for a future generation that will be violence free, they have to learn now, practice and live a different life style. We have three weeks with them then we start training the boys.
Moses Njobvu, Abundant Life Ministries
Malawi



SHEPHERDMYSHEEPDOMESTICVIOLENCEMINISTRIES.COM



Welcome to our first monthly newsletter! It's been a super busy year, behind the scenes. This year we have rebranded and somewhat changed our mandate to be able to reach a much larger audience. Shepherd My Sheep Domestic Violence Ministries became R.E.S.T. Relationship Foundation, a secular registered charity seeking to educate anyone and everyone about abusive behaviours such as domestic abuse, bullying and strong-arming. We open eyes and then help heal by providing skills that help to build the essential healthy relationship tools – Respect, Empathy, Support and Trust, all of which empower the other individual, rather than tearing them down.

Trainings

In August, I conducted three Zoom trainings with a group of 30 elementary school teachers in Malawi. Sadly, abuse perpetrated by teachers is VERY common. Girls are particularly vulnerable, being sexually abused for passing grades, school fees and uniforms. Our trainings addressed this problem, as well as child abuse in the home and signs of abuse to look out for in their students.



WWW.RESTRF.COM





PUTTING YOUR DONATIONS TO USE

On October 21, we leave for Malawi for our first feet-on-the-ground, in-person training!!! We will be conducting three, day-long "Abuse Awareness Educators" trainings for 130 men, women, youth, teachers, pastors and chiefs! We will be working with Abundant Life Ministries Malawi who have planned all the logistics for this amazing training opportunity. A HUGE thanks to all of you who donated so generously last year...your money is FINALLY getting put to use by training Malawians to help their fellow community members!

COMING UP:

Starting in November we will be moving our trainings into the local community.

Contact us if you are interested in a customized training for your business, community group, or school.

restrf5@gmail.com

DONATE

RUNNING A CHARITY IS NOT CHEAP! WE HAVE THE SAME EXPENSES AS A FOR-PROFIT ORGANIZATION BUT WE CHARGE MINIMALLY FOR OUR SERVICES. PLEASE CONSIDER MAKING A DONATION TO HELP US DECREASE ABUSE AND IMPROVE RELATIONSHIPS

FACT:

NON-CONSENSUAL INTERCOURSE WITHIN THE CONFINES OF A MARRIAGE IS RAPE.

FALLACY:

MEN DON'T EXPERIENCE ABUSE

IT'S SUSPECTED THAT THE MALE ABUSE RATE IS QUITE CLOSE TO THE FEMALE RATE - IT JUST GOES LARGELY UNRECOGNIZED AND UNREPORTED

FOLLOW OUR SOCIAL MEDIA

