

# R.E.S.T. RELATIONSHIP FOUNDATION

A REGISTERED CHARITY

December 2023 Newsletter



THE GENDER BASED VIOLENCE MARCH IN THE KANCHEDZERA COMMUNITY, MALAWI

IN DECEMBER, ABUNDANT LIFE MINISTRIES MALAWI WITH WHOM WE WORK IN MALAWI TOOK WHAT THEY HAVE LEARNED THROUGH OUR TRAINING PROGRAMS AND MARCHED THROUGH THEIR COMMUNITIES, IN ORDER TO BRING ATTENTION TO GENDER BASED VIOLENCE. THIS WAS THE FIRST TIME ANY OF THE COMMUNITIES HAD EXPERIENCED A MARCH. ABUNDANT LIFE MINISTRIES MALAWI, WE ARE VERY VERY PROUD OF YOU AND OUR MALAWIAN FRIENDS



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**DID YOU  
KNOW?**

## A Narcissistic Family Cult is

- a unit of highly dysfunctional people that comprise abusers, victims and enablers.
- members are expected to follow family rules and the failure to do so results in severe punishment.
- punishment is in the form of emotional abuse and intense coercive control, forcing the individual to give up on their sense of self.
- through this control, a victim submits and accepts the family's false image and is then trauma bonded to the Cult.

[READ MORE](#)

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**COMING IN THE NEW YEAR:  
MORE TRAININGS IN KELOWNA!! CONTACT US IF YOUR  
AGENCY/ BUSINESS WOULD LIKE TO FIND OUT MORE!**

**A TRAINING TRIP TO MALAWI, AFRICA IN APRIL!**

**THE WORK WE DO IS SO IMPORTANT AND WE REALLY FEEL IT'S  
VITAL THAT IT'S OFFERED FREE OF CHARGE! PLEASE CONSIDER  
DONATING TO R.E.S.T. TO HELP PAY FOR OUR PROGRAM COSTS.**

