

P.H.F.

MAGAZINE

JULY 2023 ISSUE
SUMMER EDITION

FATHER IS
REUNITED WITH
HIS SON AFTER
YEARS OF
HOMELESSNESS

DOMESTIC
VIOLENCE &
CHILDREN
& HOW TO TALK TO
THEM ABOUT IT

INSPIRATIONAL
CORNER

UPLIFTING ENCOURAGEMENT
ANYONE CAN USE!

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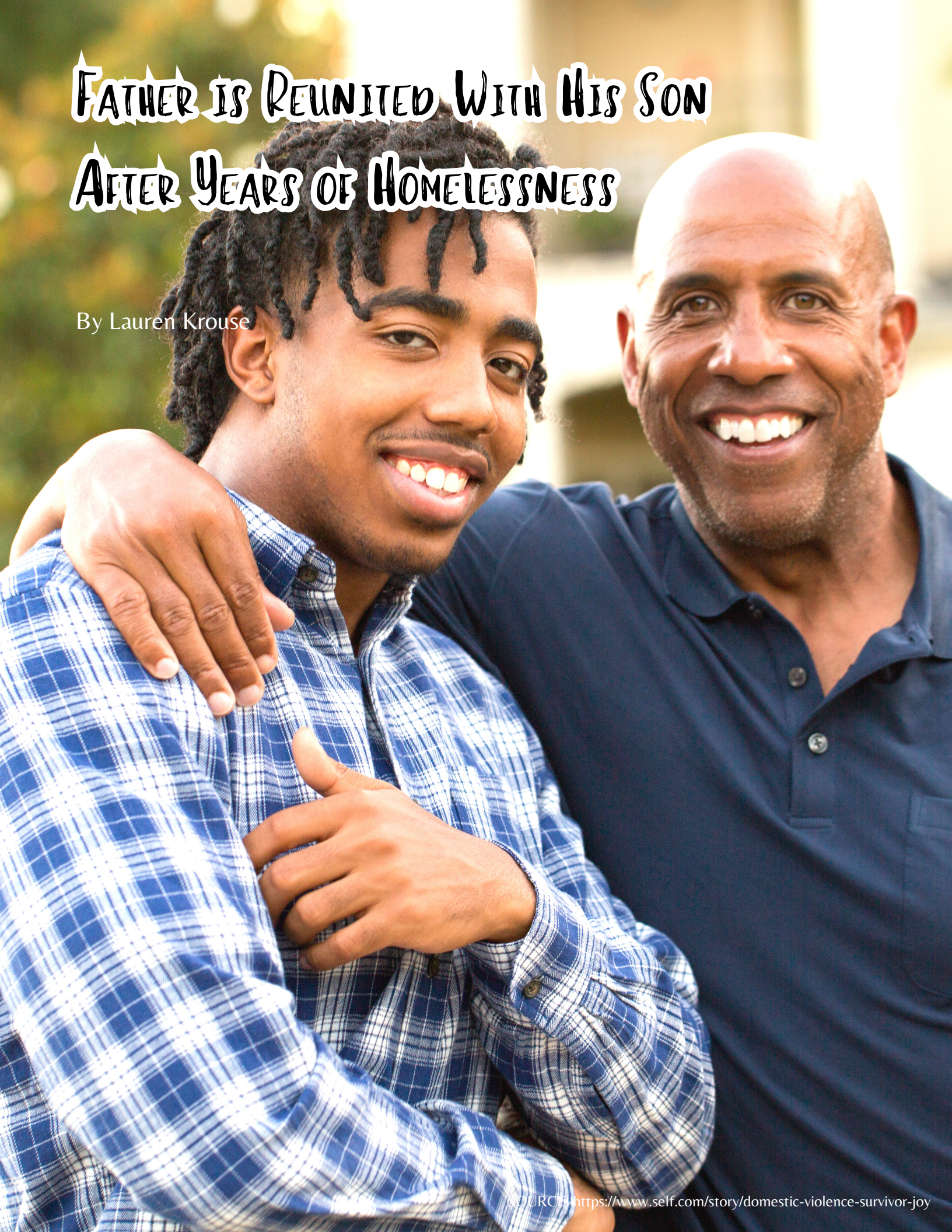
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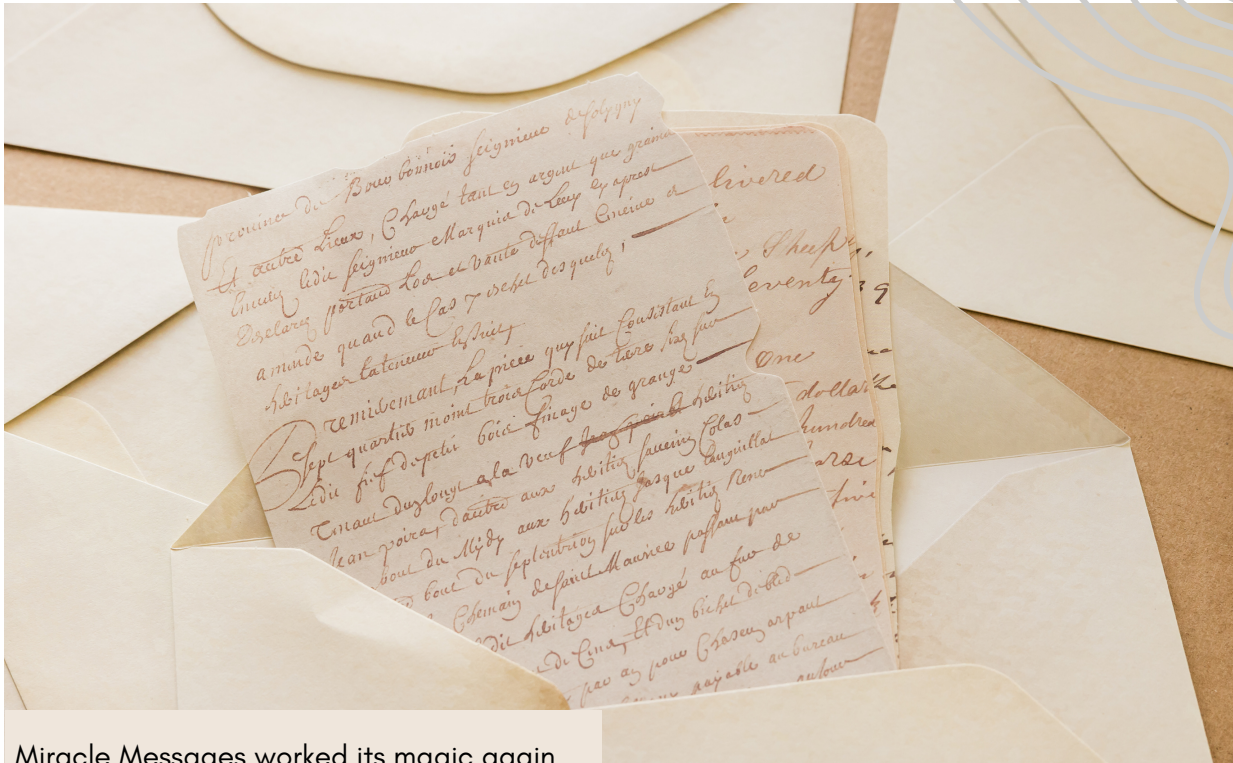
THE ABUSE **STOPS** HERE!

WWW.PRECIOUSHEARTSFOUNDATION.ORG

FATHER IS REUNITED WITH HIS SON AFTER YEARS OF HOMELESSNESS

By Lauren Krouse





Miracle Messages worked its magic again this year when the nonprofit helped reunite a father and son who had been separated for over ten years. The exciting reconnection happened after Eddie Thompson III, who has struggled with housing insecurity for a decade, reached out for help.

He spent years longing to reunite with his son, Shay, but then he heard about the volunteers and team at Miracle Messages. They specialize in reuniting families dealing with the added burden of homelessness.

Eddie wrote a note that he desperately wanted to be delivered to his Shay: "I love you to death and have been trying to get in contact with you for years." - Eddie.

In an effort to bring the two together, volunteer Lindsay Pfeiffer took on Eddie's case—and after some days of persistence, she was able to locate Shay and inform him that his father had been actively looking for him.

Shay was awestruck.

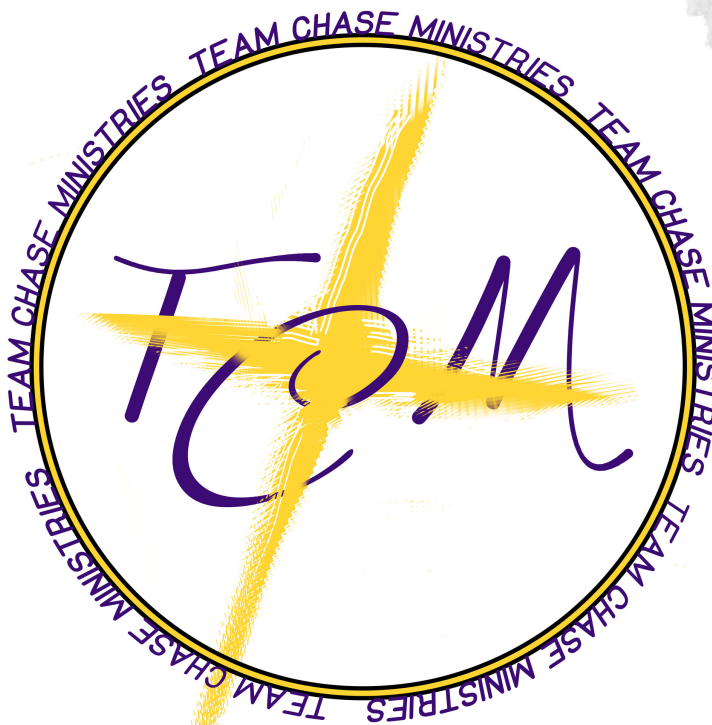
For the entirety of his adult life, he had been searching for his father. The pair had been separated since Shay's high school graduation. With each passing year, the young man felt the reality of any reunion with his dad slipping away. Serendipitously—through what felt like magic—Shay found out that in all the years he spent looking for Eddie, Eddie had been searching for him.

The two were reconnected and given a second chance at their relationship—and Shay was beyond grateful to end the years spent apart. After learning about his father's whereabouts, he felt like he was on Oprah, because the experience felt "too miraculous to be real."

Through Lindsay's coordination, the two finally met in person. Eddie not only found his son, but discovered he has a beautiful granddaughter, as well. Now, they're catching up on all the time they missed. The pair continue to maintain their relationship and are a testament to the indispensable role Miracle Messages plays in bringing families back together.

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DOMESTIC VIOLENCE & CHILDREN

& How To Talk To Them About It

According to the U.S. Advisory Board on Child Abuse and Neglect, domestic violence may be the single major precursor to child abuse in this country. Additionally, one in three high school girls reports experiencing dating violence before the age of 18.



Talking to children about domestic violence or dating violence may seem overwhelming or scary. Understandably, parents might feel that they do not know what to say or how to say it, but it is imperative to start the conversation.

It is widely believed that open communication and conversations with children on hard topics such as domestic violence are huge protective factors in ensuring your child's safety. But what exactly do we say?

HOW DO I TEACH MY CHILD ABOUT SAFETY?

One of the most important things you can teach your child is their right to safety. The first thing we encourage parents to teach their children is that it is not normal to feel scared in a relationship. Whether it be a family member, a friend or a dating partner, if you feel scared because of how that person is treating you, then it is not healthy.

Could people hurt your feelings or make you mad? Absolutely. Even healthy relationships have moments of hurt, sadness or anger, but not fear! Teaching children that they have the right to feel safe in all relationships is an important part of preparing them to identify unsafe situations/relationships and to protect themselves.

Awareness regarding your child's reaction to different people, and discussing times that you notice your child may feel uncomfortable around someone, allows for the opportunity to empower children to recognize their feelings and use those indicators for self-protection. We have the right to notice feeling uncomfortable and to use this feeling as a red flag for potential threats.

Teaching, encouraging and empowering this self-awareness will help your child grow into an adult who can identify a need for healthy boundaries and protect themselves from unsafe people or situations.





At a young age, talking to your child about their body and safe touch are important stepping stones in education regarding healthy boundaries and safety. Age-appropriate conversations that teach your child how to identify parts of their body and who is allowed to touch their person should start as soon as possible.

Knowing this will not only allow your child to identify unsafe touch, but will increase their likelihood of telling a safe adult if they are treated in an unsafe or abusive way. Understanding safe touch will not only protect your child from being sexually abused, but it will also teach them to identify physical abuse or aggressive, controlling behaviors.

For example, teach your child that no one but a safe parent is allowed to touch their private parts, and also teach them that it is not okay for someone to hit them, grab them aggressively, push them or throw things at them.


WHAT IF THEY HAVE WITNESSED DOMESTIC VIOLENCE IN OUR HOME?



If there has been violence in your home, we understand the concern and fear you feel regarding your children and their physical and emotional wellbeing. The reality is that children are significantly impacted by abuse. Talking about the effects of domestic violence on children can feel overwhelming and even hopeless at times, so it's important to know that it is possible for a child to heal from experiences of domestic violence. Children are resilient and through the help of a supportive, healthy parent, we have hope in their ability to heal.

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Men, Women & Children

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Remember God's amazing power and His unconditional love for you! Consider what He has done in the past. If He has done it before, He will do it again. Therefore, do not only believe in miracles but depend on them. I know from first-hand experience that prayer works!

Be kind to yourself. Be compassionate to yourself. Be loving to yourself. Be patient with yourself. Have the courage to be yourself. And never allow the way that someone else has devalued you to determine your value.

if you run to Jesus when you face troubles; you will come out stronger; wiser; and more fruitful in the long run!

If you run to Jesus when you face troubles, you will come out stronger, wiser, and more fruitful in the long run!

“
WALK IN CONFIDENCE, KNOWING GOD IS WITH YOU, LOVES YOU, AND WANTS THE VERY BEST FOR YOU. BELIEVE GOD, RATHER THAN YOUR ADVERSARIES.
”

Life will test you, and life will try you, but life can never take the victory that God has already given to you!

You can get off the treadmill of defeated thinking by choosing to renew your mind daily. Change your attitude, and you will change your perspective.

You can focus on the person who hurt you or God who can heal you.



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