



Recent Updates

- Flying With Air Women Survivors kicked off its 2nd virtual orientation in February, welcoming 12 new volunteers!
- Katherine Nguyen is taking over the Animal Liaison Lead role that Dianna was previously managing. Volunteers in this group can contact Katherine moving forward.
- We're thrilled to welcome Kristen Seymour as our new Director of Corporate Partnerships! Learn more about Kristen below.
- Technical issues with our payment portal have been fixed to ensure donations are collected without issues.

In Progress

- The **Engineering Team** is in the first phase of building out our **webapp** that will be critical for survivors and health care providers to use.
- We're currently developing **fundraising plans** to launch virtually and on campus at selected universities. If you have ideas or suggestions around fundraising, please reach out to Elysia Wu on Slack.
- We've finalized our **board members** and they will be officially onboarded in the upcoming weeks.
- We are continuing to grow our diverse team of content writers.

Volunteers Spotlight



Meet **Kristen Seymour**- FWAWS **Director of Corporate Partnerships**

Deeply committed to the assistance of vulnerable women and girls, Kristen brings over 30 years of experience in the global private sector and humanitarian emergency response. Kristen is a **fearless globe-trotting humanitarian** and a multi-tasking champion of transformational goals. In line with this lifelong passion, Kristen recently earned her master's degree in Humanitarian Logistics Management from the Università della Svizzera Italiana in Lugano, Switzerland. She earned her BA from Sarah Lawrence College in New York and is fluent in French and English.

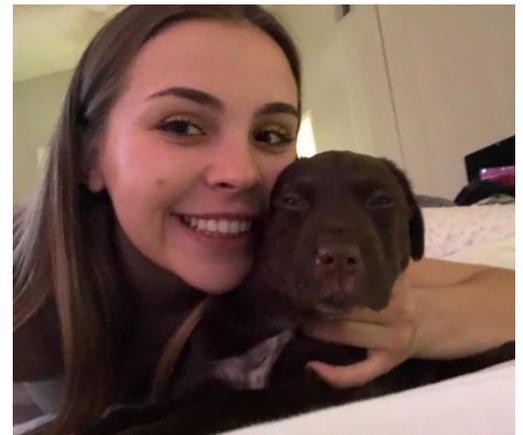
Kristen's **passions** also include alpine skiing, golfing, scuba diving and blue water sailing with her two sons. She looks forward to the challenges of guiding FWAWS through the creation, cultivation, and stewardship of robust corporate partnerships.

Volunteer of the Month: Kimberly Kuhny!

Kimberly is a third-year **psychology** student attending California State University of Monterey Bay. She has a passion for mental health and the wellbeing of others.

Kimberly joined the organization as an Animal Liaison volunteer, working tirelessly on research and outreach with potential sponsors of therapy animals. Today, Kimberly is a Social Media Manager volunteer that focuses on research to engage the public and raise awareness on human trafficking. She strongly believes that as a volunteer, we can make a difference in the lives that need connections the most—particularly survivors.

We thank Kimberly for her hard work and contributions to FWAWS!



New Blog Alert!

Check out our [recent blog posts](#) written by FWAWS volunteers! Read through an exclusive interview with **Airicia Kraehmer** and learn about the importance of mental health for survivors.

Thank you **Jeanne Qiu, Lisa Marlin, and Neisha Edwards**, for these beautifully written blogs.



Human trafficking Myths vs. Truths

MYTHS about human trafficking:

- Human trafficking only occurs in other countries and does not happen in the USA.
- Human trafficking victims are only individuals who are poor and foreign.

FACTS about Human Trafficking:

- Human trafficking exists in every country, including the United States, and possibly in your own community.
- Human trafficking victims can be from any socioeconomic group, age, race, gender, and nationality.

Sources: U.S Department Homeland Security (2021) and Polaris, 2021

The importance of Self-Care

"Self-care activities or also called self-nurturing activities, boost our happiness levels and help us to maintain good mental health."

So, what about taking some time this week to try practicing self-care at home?

1. Listen to a podcast or learn something new.
2. Remember three things you are grateful for.
4. Call or Facetime a friend or family member.
5. Walk outside for 20 minutes.

Anna K. Schaffner- [How to Practice Self-Care](#)

Gopivot- [Cognitive Self-Care: Improving your Mental Wellbeing](#)



Happy Spring Season!



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Acknowledgment

We would like to thank VMware for their donation of \$628 on behalf of Katherine Nguyen. Donations contribute to the greater goals of the organization, so we can continue supporting survivors in their mental health journey. Learn more about how to donate [here](#).

