

### **Breaking Free**

770 University Ave W, St Paul, MN 55104, PO Box 4366 ,  
651-645-6557 Web: [www.breakingfree.net](http://www.breakingfree.net)  
Email: [breakingfree@breakingfree.net](mailto:breakingfree@breakingfree.net)

Fights commercial sexual exploitation by providing direct services for all prostituted women and girls and by educating the community to recognize prostitution as systematic violence against women. Services: case management, support groups, housing, mentorship, community court, school for johns.

**National Human Trafficking Hotline:** 1.888.373.7888

### **Brittany's Place/I80 Degrees**

Hotline:+1 (651) 332-5539

A safe & sound shelter for girls. In addition to residential services, this campus will include a 24-hour youth connection center; a vocational training center; a behavioral health outpatient clinic providing chemical health, mental health and mentoring services; on-site school provided by Saint Paul Public School District, and a therapeutic garden. Provide emergency shelter services for up to 90 days as well as residential services for up to 12 months.

### **International Institute of Minnesota**

Hotline (651) 647-0191 x329

The Institute assists trafficking survivors throughout Minnesota and Upper Wisconsin as part of the Northern Tier Anti-Trafficking Consortium (NTAC).

### **The Samaritan Women - Baltimore, MD** - <http://thesamaritanwomen.org/>

info@thesamaritanwomen.org  
The Samaritan Women is a national Christian organization providing restorative care to survivors, and bringing about an end to domestic human trafficking through awareness, prevention, and advocacy. Provides short term and long term residential programs for survivors. Is Located in Maryland.

### **The National Center for Victims of Crime**

Suite 480 ,2000 M Street, NW, Washington DC, 20036-3398. Hotline: 800-FYI-CALL Phone: 202-467-8700  
Fax: 202-467-8757 Web: <http://www.ncvc.org>

The National Center for Victims of Crime is a nonprofit organization advocating for all victims of crime - adults and children. They educate child victims about their rights and the recent provisions that have been established to protect them. The National Victim Center has a toll-free number that acts as a referral service for children who have been exploited.

### **The National Runaway Switchboard**

3080 North Lincoln Avenue, Chicago IL, 60657-4208  
Hotline: 1-800-RUNAWAY Phone: 773-880-9860  
Phone: 773-929-5150 Web: <http://www.I800runaway.org/>  
Confidential crisis intervention and referral information for youth and their families via a national switchboard available 24 hours a day. Services include agency referrals, message de-

livery, dedicated agency and informational line, youth advocacy, community education, runaway education program for schools.

### **The Refuge**

<http://www.therefugenetwork.org/>

The Refuge Network is a place to turn when you find yourself and your family threatened by domestic violence.

Computers can be tracked and monitored. If you suspect your computer is being monitored, please do not use this website, instead find a safe computer or... Call our Crisis Hotline at: (800) 338-SAFE (7233)

Family Pathways Central Office - 651-674-8040

Isanti County – Cambridge Office: 763-689-3532

Chisago County – Chisago City Office: 651-257-2890

Kanabec County – Mora Office: 320-679-1737

### **New Pathways** Cambridge, MN Site:

310 Ashland Street South, Cambridge, MN 55008

Office: (763) 691-0121 Toll Free: (866) 503-9270 Fax: (763)

552-0122 / Brainerd Office: 218-454-0460

### **Stepping Stone** -Address: 3300 4th Avenue North #14,

Anoka, MN 55303 Phone: (763) 323-7006

**A Place For You** 220 3rd Ave SE Pine City, MN 55063

Phone 320-438-7070 Fax 320-438-7071

Email Info@apfy.org <http://www.apfy.org/>

### **The Dwelling Place** Transitional housing with help recovering from abuse.

If you need to go somewhere temporarily or complete treatment first it is worth it. This is a good place to try to get into. The Dwelling Place exists to lend support to people in need who are victims of domestic abuse. Please don't hesitate to contact us. You can also learn more about our services by visiting our program page.

**Transitional Housing Information** To ask about openings in our program or to get more information, please contact us at (651) 776-4805 or [housing@thedwellingplaceshelter.org](mailto:housing@thedwellingplaceshelter.org). To find out more about other shelters or services for battered women, you may call: Day One: 1-866-223-1111 (shelter information in MN)

[www.thedwellingplaceshelter.org](http://www.thedwellingplaceshelter.org)

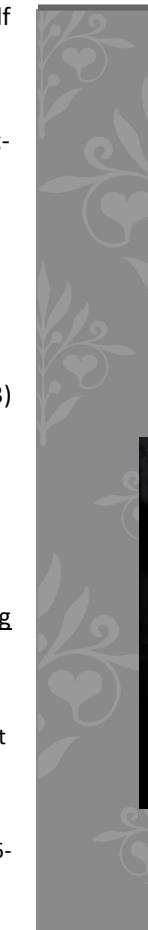
**National Domestic Violence Crisis Line:** 1-800-799-SAFE (7233)

**United Way 2-1-1:** dial 211 (in MN) or 1-800-543-7709

See Website for: Safety Plans, Focus Ministries Safety Plan, National Coalition Against Domestic Violence

### **Missionary Evangelism to Corrections**

REACHING THOSE IN CORRECTIONS FOR CHRIST



# Letter to a Woman who has been Used



Preaching the Gospel in Twin Cities Jails since 1983

*I was in prison, and you came to me.*

*Matthew 25:36*

Missionary Evangelism to Corrections  
P.O. Box 542 Wyoming, MN 55092  
Phone: 651-408-1300  
Email Address: [mec@usfamily.net](mailto:mec@usfamily.net)  
Website: <http://www.mecjailministry.com>

**Dear Potential Friend,**

I want to talk to you as if I were sitting with you and you had told me all of your story, all of your pain, all of what you love, all that has been accepted, rejected, hidden, shared, exposed, and covered.

If you have given your body whether wanted to or not, hoping & believing for love in return, following some spoken or unspoken promise; but this person didn't come through as you had hoped, longed for or wished. If you have had your innocence taken from you – this letter is for you.

Maybe you remember some of it as good times and do not want to give that up or feel guilty about it. Maybe you have encountered violence or been disappointed in hopes and dreams. Maybe you never hoped there could be better.

I am writing to tell you that you can have something more, something better. You can build or rebuild a new life. There is hope for you. There is forgiveness and a cleansing for the shame you feel. There's hope for a better future. There is a way where there seems to be no way. A man named Jeremiah once told the people of Israel that God said, "I know the plans that I have for you plans for good and not for evil, full plans for hope and for a future... You can find Me when you search for me with all your heart."

If you have already experienced violence in or participated in being violent you can pretty much suppose that part of the relationship will not just go away. It is not uncommon, but it is not part of a normal healthy relationship. People who have studied and work with this, those who have experienced it, find that it almost always gets worse and

more dangerous. If someone is asking or has asked that you meet with another person to have sex, they are using you. The patterns in these kinds of relationships is that the person using others will pace the relationship at the beginning to meet your needs or seem like they're meeting them. As time goes on there is they do something called "turning" Getting you to become so dependent that you feel like you need them and/or are helping them so there are no other options to make it or to have a good life and your own. Sometimes your thoughts might be, "I will only do it once, or for a little while or until something I'm waiting for happens"

The process goes on and gets worse. You become more involved in doing things that you did not want to do to start with, numbness, addictions, false promises, guilt, shame, unlikely ideas can sear your conscious and then you start justifying, defending or accepting what you do not like.

No one starts out thinking they are going to be involved in violence and go where this leads you or experience the pain it causes. When you are you are older but maybe young emotionally and are tricked and lied to it is not right.

There is help, there is a way out. There are places that did not even exist years ago but where you can be safe and build a good life. It doesn't matter your age, if you are young - just being warned and preventing years of promised excitement but really reaping pain, if you are somewhere in the middle, or if you are older and have experienced more than most.

Please don't wait. Don't wait until someone puts something in your food and drink and you don't know what is happening (if they have not already). Don't wait until there is a bad

reaction to a drug and you end up unable to think and process, even handicapped. I once cared for someone in a group home who wet himself and could not follow-through to brush his teeth as a result of a seemly harmless marijuana drug that was tainted.

Don't fall for the lie that someone who is using you needs you, loves you, gives you purpose or that giving and serving the obscure or dark is love. Don't wait until you are used up or are using others. Come to the light, experience hope and freedom, peace and joy.

Here are some things that friends who have come out of "the life" have said. On the back of this letter are some resources you can contact for help.

Joy F. "Breaking Free took me in when no one else would help me. I don't think I'd be alive today without their help. I was at a crossroads. Vednita held a spot for me when I had nowhere else to go. I was homeless and being pimped out on the streets. Coming to Breaking Free has changed my life and I now advocate for other women. I'm a role model for them and proof that there is a way out".

Brittany- Alumni "I never wanted to be a prostitute. I thank God every day that I am alive and I pray that God will keep me safe and let me overcome my past and [continue to be] ... a survivor".

Judy- Alumni & Group Facilitator "Today I wouldn't change my life for anything. Prostitution was just a portion of it. Today, I choose to live. I am living, and I'm also saving lives. ...people here understand one another and help one another. Being able to sit and talk ...and to tell my story gives me a far greater high than any drug or any man ever did."

Sincerely,  
Someone who cares and who  
is learning God is love.