

**June 29, 2022**

**Summer Mission Trip Opportunity Kitwe, Zambia**

We are so excited to offer the opportunity for you to join us overseas to be part of the wonderful changes that are occurring thanks to HELP for Zambia - in person!

HELP for Zambia is going to Kitwe from Aug. 23 to Sept. 8. Are you interested in construction? You would be so valuable working on the guard house for our new James Center property. This will eventually house a women's shelter for distressed and vulnerable women and children with no other place to go for help. Completing the guard house is an essential first step. Having a family living in the guard house is important to protect this property from thieves and squatters. Can you help us?

We will be installing floors, a bathroom and kitchen, tiling a shower, painting the walls along with all the little things that makes a house livable. If you have any experience or are willing to learn and work, we can use you. Tony Parmer will be heading up this project.

Kids struggling with mental health is a hot topic here in Canada these days. Kids in Zambia are also struggling with anxiety and depression, but there are very few resources available to help. We will also be working alongside Zambian volunteers to run a Christian Art Therapy Program targeting kids from 8-15 years old. If you have a heart for kids and enjoy working with and helping children and teens of all ages this could be your chance to make a huge difference in the world. In Zambia we will be offering a class for approx. 3 hours per day for 5 days - during which the children and youth attending will receive a meal (food may be scarce at home for them) and a different activity each day. We will be using art and music to help them discover and explore their thoughts and feelings, as well as offering Christ-centered coping mechanisms and emotional support and prayer.

Since we will be working along side local teens, the goal is to teach these teens the skills to run this program, and equip them with the supplies and support they need so that they can continue running this program after we, the Canadians, are gone. We are hoping that the valuable volunteers who come on the trip will form relationships with the local teens that can be maintained on an ongoing basis. This will offer encouragement as these teens continue to serve Christ by serving their fellow Zambians.

Unable to go to Zambia? Would you consider helping us with a financial gift? We need help to purchase building supplies to finish the guard house, as well as help to purchase art supplies and meals for those attending our week of art therapy.

Please go to this link to make a Donation to HELP for Zambia.

For trip costs, please continue reading.

Trip Costs: in Canadian Dollars (except VISA)

Please note: Due to rising fuel prices, the price of flights have increased.

Flight- approx..		\$2500
Zambian Visa at Airport		\$25 (US dollars)
Travel from Ndola Airport to Kitwe-\$50/way		\$100
Accommodations	\$25/night (13 nights)	\$325
Transportation costs (fuel and vehicle costs)		\$400
Food	\$15/day (14 days)	\$210
Project Fee (to help cover the costs of construction, art supplies, food for the volunteers, children)		\$200
Incidentals-souvenirs, meals you may want to eat at restaurants, emergency money, alms, etc.		
-at your discretion	suggested amount	\$200
	Total approx..	\$3935 Canadian plus \$25 US for visa