



April 17, 2023

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Re: iThings 2 Collard Greens Girls on the Move
July 6 - 15, 2023

Dear Parents and Guardians:

Summer is around the corner and we are planning for 2023 with your girls. The root seed of iThings 2 Collard Greens, Inc. was planted at Medissage Center for Health, Growth and Transformation in Mt Croghan, SC (www.medissage.org) many years ago in the spirit of the teacher, leader, and organizer, Nannie Helen Burroughs. We look forward to returning once again to a place of healing during a time when our girls most need it.

The pandemic according to the government is over. It taught us a lot and now we are in the grips of violence, depression and a left over sense of grief which is manifesting in our children. Many of our girls experience violence, intimidation, threats and verbal abuse in spaces which should be safe - home and school. They look around and see women and girls underrepresented in places of leadership. They are aware of the racial injustice and how this affects their mental health and the health of their friends and family. iThings 2 Collard Greens is here to support them and provide a space where they can reconnect with themselves, see old friends, make new friends and further develop a relationship with their Creator and their community. This year we have a licensed clinical social worker who is willing to make herself available to us and the iThings girls for the time we are away. We are excited about this and once again we thank you for trusting your girls with our team.

We depart on Thursday morning, July 6 and return on Saturday, July 15. The girls will be housed in a comfortable guest house on 135 acres of land. Activities will be a blend of back to basics and play to include meditation, yoga, dance, sewing, cooking, green cleaning, knitting, arts and crafts, healing arts, swimming, etc. Please check out our website for photos from last year.

The total amount for each girl is \$250.00 per girl. Please submit your first payment of \$125.00 by May 15. You may do so at our website ithings2collardgreens.org or mail your check made payable to iThings 2 Collard Greens, Inc. at the above address. We wanted to make this

affordable and so are still raising funds to cover all expenses. If you or anyone in your family or circle would like to make a tax-deductible donation they can do so at the website.

Mama Cheryl will be planning a time for all the girls to meet up before we go and in early June you will receive a list of items the girls will need to bring with them and an invitation to a parent Zoom orientation.

Again, thank you for your trust in allowing your daughters to travel with us. We look forward to yet another glorious 10 days of fun and learning.

In service and community,

Mama Kathy
Mama Cheryl