

# Update on Events

## LaunchPoint

(A Program of Knox Area Rescue Ministries)

“LaunchPoint is a four-week program designed to help homeless men and women begin a new life journey. Ultimately, LaunchPoint is about restoring hope - reconnecting the individual to the dreams that he or she once had but were lost when the individual's life path went off track. During the four-week period, a class of 30 participants begin discovering God's plan and purpose for their lives, develop their own life plan with realistic goals, and learn to implement their life plan in manageable steps.” *(Source of Information: <http://karm.org/index.php/Join-Us/launchpoint.html>)*

SpeakingOut has now had the pleasure of spending time with 3 different LaunchPoint groups since August 2012... August 9th, November 7th & January 16th of this year. These particular SpeakingOut Presentations focus on looking at the trauma (regardless of what that is for each of us personally) that may have occurred in our lives (i.e. Child Sexual Abuse, Physical Abuse, etc...) as a way to turn around and use those horrible life experiences to help others. When we go through something traumatic, as hard as it is to deal with at that time & possibly currently, we become very knowledgeable on that issue, subject, crime, etc... The pain we have and may still be experiencing has not been for nothing if we are able to pick ourselves back up and fight against (not in the literal sense) that very “thing” that tried to destroy us; tried being the key word. There is some healing in removing some of the focus from ourselves & using some of that pain and knowledge to make a difference in the lives of others. In my experience... People tend to listen to people who have been where they are. ~Susan Suafoa-Dinino, President/Founder of SpeakingOut



**Clark Stevens, PhD**  
LaunchPoint Program Director

**Susan Suafoa-Dinino**  
SpeakingOut President/Founder

“Thank you, Susan, for your kind and compassionate approach to addressing childhood trauma. Your honest, straight forward approach allowed many participants in our program to break their bondage to secrecy as they revealed painful life experiences with each other. At the end of our four week program, many individuals stated your conversation with them made a lasting impact on their lives. I look forward to your continued participation with our program.” ~Clark Stevens, Ph.D., LaunchPoint Director, Knox Area Rescue Ministries (In reference to August 9th SpeakingOut Presentation to LaunchPoint Group)

**Next SpeakingOut LaunchPoint Presentation**  
**Wednesday, March 6th**

## Coming Soon...

SpeakingOut Recipe Book

Start gathering your Favorite Recipes to be included. More Information Coming Soon!

## Coming in April...

We are currently seeking a location in Tennessee to hold a Child Sexual Abuse Awareness & Prevention Workshop on either Saturday, April 13th or Sunday, April 14th. We are looking at the possibility of holding this 1/2 day event in Knoxville, Oak Ridge, Maryville, Alcoa, Nashville or surrounding area in Tennessee. We will need a room with tables & chairs that can accommodate up to 30 attendees, and will also need space for a sign in table, an information table, and a refreshment table. In addition, the room will need to have an AV screen so that we can display our powerpoint presentation. If you or anyone you know has a building or room that can be donated for this purpose, please contact us at 865-230-6059 or email [susansd@speakingout-csa.com](mailto:susansd@speakingout-csa.com).