

**STORIES FOUNDATION | NOVEMBER 16**

# CONNECTING OUR STORIES

**A LIVE PODCAST EVENT ON HOW WE RELATE WITH OTHERS**



**BECAUSE HEALTHY IS HARD, BUT UNHEALTHY IS HARDER.**

# SCHEDULE

**SPEAKER #1 :** Scott Kirchoff  
**Cleaning the Filter**

**SPEAKER #2 :** Heidi Mortenson  
**Honest Heart Work for Healthy Relationships**

**SPEAKER #3 :** Emily Douglas & Holly Lammers  
**Flags & Fellowship: Why Relationship Health Affects How We Show Up**

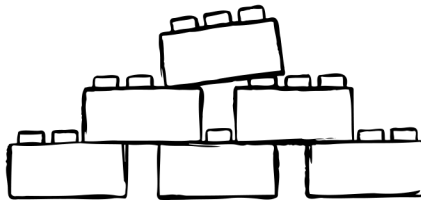
**SPEAKER #4 :** Tony Loyd  
**Partnership Wanted**

**CLOSING** Stephanie Page | Executive Director

**TAKE ACTION!**

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## WHY LEGOS?



In life, like with Legos, in order to build something you have to connect things together. Your story connected to ours, our story connected to others this is how we build sustainable, long lasting change. Change stronger than a Lego building.

## A MESSAGE FROM STORIES FOUNDATION



### STEPHANIE PAGE

**EXECUTIVE DIRECTOR, CO-FOUNDER**

Dear friend, I am so glad you joined us tonight for the Connecting Our Stories event.

Eleven years ago when my mom and I had the idea for Stories Foundation and Storyteller Cafe, we didn't realize how integrated the issue of human trafficking is in our day-to-day lives. The reasons we have human trafficking are connected to cultural issues we all encounter every day.

Human trafficking, along with exploitation and abuse, are issues rooted in relationships. We change culture by changing how we relate to each other and at Stories Foundation, for over a decade, we have said live your story confidently, so you can then share your story generously and then we will see stories change as we connect our stories together. In valuing ourselves, seeing people around us, and choose to connect we will be equipped to prevent, intervene and provide safe spaces for restoration for those who are being trafficked or who are vulnerable.

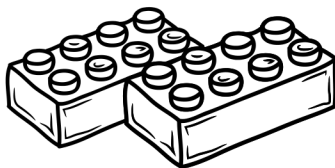
Thank you for choosing to connect your story to ours and everyone else's in this space tonight. I'm excited for the continued connection when we leave this place and the change we will create in our communities together.

Warmly,  
Steph Page

**LIVE YOUR STORY  
SHARE YOUR STORY  
CHANGE A STORY**



# SPEAKERS



## SCOTT KIRCHOFF

**CAMPUS PASTOR | EAGLE BROOK CHURCH | BLAINE**

I serve as the Campus Pastor at Eagle Brook Church's Blaine Campus. Prior to becoming the Campus Pastor I served as the Operations Pastor and Groups Pastor at Eagle Brook's Lino Lakes Campus.

Before transitioning to pastoral ministry I worked at Bethel University in multiple roles including; assistant football coach, adjunct faculty, student life, facilities, admissions. My wife, Megan, works at Bethel University as the assistant volleyball coach and we have four kiddos - Amari (9), Braxton (7), Casen (5), Jordan (3).



## HEIDI MORTENSON

**BRIDGING HOPE COUNSELING | MA, LMST, CDWF**

Heidi is a Licensed Marriage and Family Therapist (LMFT) and a Certified Daring Way™ Facilitator (CDWF). She is the host of the Strong Tower Mental Health Podcast through and the author of The Brave Encourager.

She is passionate about bridging the gap between church and mental health and wants us to be empowered to be free the way God designed us. She lives with her husband and three children in Minnesota. One of her favorite pastimes is talking with other people and pulling the gold where they don't see it.

You can find out more about at [www.heidimortenson.com](http://www.heidimortenson.com).



## TONY LOYD

**RRCA CERTIFIED COACH**

Tony Loyd is a best-selling author, business coach, and running coach. Through Culture Shift Companies, he mentors startup founders who use business to do social good.

He is also an RRCA Certified running coach for runners traditionally excluded from running spaces. Through Mile in My Shoes, he runs with people at drug rehab centers, homeless shelters, and prison reentry programs.

Tony also serves on the board of Stories Foundation.



# SPEAKERS



## EMILY DOUGLAS

**COMMUNITY OUTREACH COORDINATOR | BLAINE POLICE DEPT.**

As Blaine Police Department's first Community Outreach Coordinator, Emily works to increase engagement with the community through social media, events, committees, and education. The goal is to build and maintain lasting relationships, partnerships and networks in the communities

they serve while making resident-police relationships healthier and more productive.

Emily is married and has two stepsons, ages 21 and 16. She grew up in Columbia Heights and graduated from Winona State University in 2004 with degrees in Criminal Justice and Psychology. In the summer months, you will find her in Longville, MN floating on Woman Lake with her Wheaten Terrier, Molly Sue. When she's not up north, she loves to thrift and travel, and is part of a U.S. Masters synchronized swimming team.

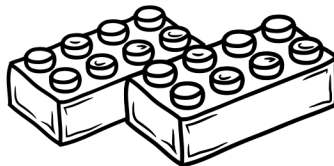


## HOLLY LAMMERS

**VICTIM/WITNESS SERVICES MANAGER | ANOKA COUNTY**

Holly has been in the victim services profession for the past 20+ years. She has been working in the Anoka County Attorney's Office for the past fifteen years. She is currently the manager of the Victim/Witness Services Division.

Her proudest work moment this year was adding a facility dog (Deano) to the Victim/Witness team. Deano serves the victims of Anoka County. Holly is also the Chairperson of the Lethality Assessment Program (LAP) in Anoka County and is the administrator for the Victims of Crime Act (VOCA) grant and Violence Against Women Act (VAWA) grants for Anoka County.

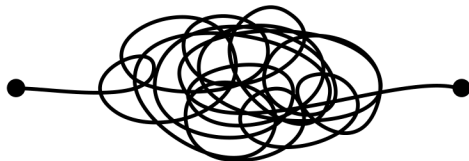




BECAUSE  
HEALTHY  
IS HARD

***BUT***

UNHEALTHY  
IS HARDER



# TALK NOTES

**SPEAKER:** SCOTT KIRCHOFF

**TALK TITLE:**

CLEANING THE FILTER

**THE BIG IDEA:**



## MAIN POINTS

1

2

3

**SOMETHING THAT STOOD OUT TO ME OR  
CHANGED MY PERSPECTIVE:**

**TWO QUESTIONS I HAVE:**

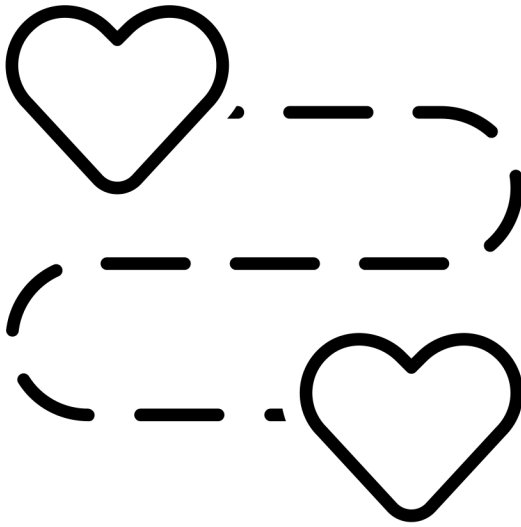


**1.**

**2.**

**NOTES:**

VULNERA  
BILITY IS



TO SEE +  
BE SEEN

# TALK NOTES

**SPEAKER:** HEIDI MORTENSON

**TALK TITLE:** HONEST HEART WORK  
FOR HEALTHY RELATIONSHIPS

**THE BIG IDEA:**



## MAIN POINTS

1

2

3

**SOMETHING THAT STOOD OUT TO ME OR  
CHANGED MY PERSPECTIVE:**

**TWO QUESTIONS I HAVE:**



**1.**

**2.**

**NOTES:**

YOU CAN CHOOSE  
**COURAGE**

OR

YOU CAN CHOOSE  
**COMFORT**

**BUT YOU CAN'T HAVE BOTH.**

- BRENE BROWN -

## WHY THE BRAVE ENCOURAGER?

Heidi's book will show you the untapped potential God has inside each of us. It will teach you how to pull the gold out of others. Heidi has taken her years of experience in counseling and connection to God to help you reach true transformation through encouragement.

You will hear authentic and real stories of encouragement, and you will learn how to unlock the brave encourager inside of yourself as you explore experiences that have caused you to put up walls with others. You will learn how to encourage even in tough situations and how to keep yourself encouraged when exhaustion wants to set in.

Most importantly, you will encourage yourself as you enter into the brave world of unconditional, courageous, and brave love onto yourself and others.



**Buy The Brave Encourager**



**LEARN MORE AT: [heidimortensonlmft.com](http://heidimortensonlmft.com)**



# TALK NOTES

**SPEAKER:** EMILY DOUGLAS + HOLLY LAMMERS

**TALK TITLE:** **FLAGS & FELLOWSHIP:**  
Why Relationship Health Affects How We Show Up

**THE BIG IDEA:**



## MAIN POINTS

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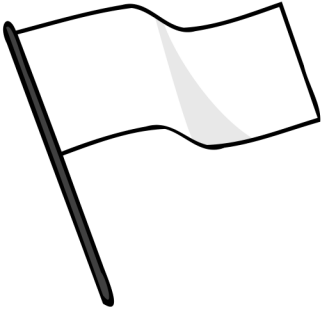


**1.**

**2.**

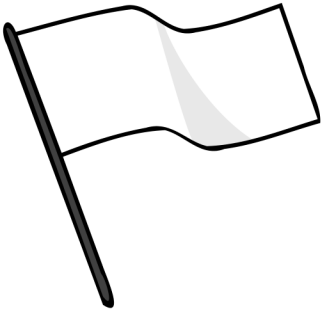
**NOTES:**

# FLAGS



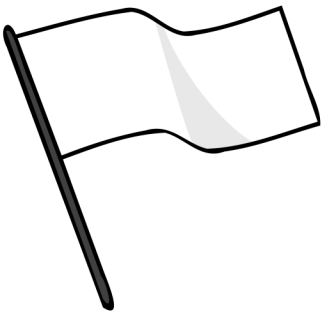
## RED

**JEALOUSY/POSSESSIVENESS  
DISRESPECT/BELITTLING  
EMOTIONAL/PHYSICAL ABUSE  
DISHONESTY  
UNWILLINGNESS TO COMPROMISE  
CONSISTENT NEGLECT  
CHEATING**



## BEIGE

**POOR COMMUNICATION  
DIFFERENCES IN VALUES  
UNEVEN EMOTIONAL INVESTMENT  
MINOR TRUST ISSUES  
LACK OF SHARED INTERESTS  
FAMILY/FRIEND CONFLICTS  
FREQUENT DISAGREEMENTS**



## GREEN

**OPEN COMMUNICATION  
TRUTH & HONESTY  
RESPECT  
EMPATHY & SUPPORT  
SHARED VALUES  
EQUALITY & INDEPENDENCE  
QUALITY TIME & FLEXIBILITY  
PERSONAL GROWTH  
APOLOGY & FORGIVENESS**

# THE CDC REPORTS



**① IN ⑤ WOMEN**

**HAVE BEEN SEXUALLY ASSAULTED**

**> 90% OF SEXUAL ASSULTS HAPPEN TO WOMEN**

**> 80% KNOW THEIR ABUSER**

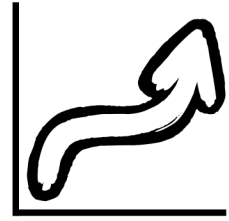


**> 14% OF WOMEN WILL EXPERIENCE**

**STALKING**

**BY AN INTIMATE PARTNER IN THEIR LIFETIME**

**> WOMEN BETWEEN 18-24**



**EXPERIENCE THE HIGHEST RATE OF SEXUAL ASSAULT VICTIMIZATIONS**

# TALK NOTES

**SPEAKER:** TONY LOYD

**TALK TITLE:**

**PARTNERSHIP WANTED**

**THE BIG IDEA:**



## MAIN POINTS

1

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**SOMETHING THAT STOOD OUT TO ME OR  
CHANGED MY PERSPECTIVE:**

**TWO QUESTIONS I HAVE:**



**1.**

**2.**

**NOTES:**

# HOW HEALTHY RELATIONSHIPS FIGHT TRAFFICKING

START  
HERE

**IN OUR RELATIONSHIPS  
MANIPULATION IS NORMALIZED.**



**IT LOOKS LIKE:**

- > PASSIVE AGGRESSION
- > BLAME SHIFTING
- > SILENT TREATMENT
- > GUILT TRIPPING
- > GAS LIGHTING
- > DENIAL
- > LYING

**WE NORMALIZE  
UNHEALTHY & ABUSIVE BEHAVIOR**

BY IGNORING AND/OR JUSTIFYING IT.

**THIS INCREASES**

**VULNERABILITIES TO TRAFFICKING &  
EXPLOITATION BECAUSE**

HUMAN TRAFFICKING HAPPENS IN  
RELATIONSHIPS WHERE SOMEONE  
**(BOYFRIEND/GIRLFRIEND, FRIENDS,  
TRUSTED ADULTS)**

EARNS TRUST ONLY TO EXPLOIT IT.

**SO, LET'S NORMALIZE  
HEALTHY RELATIONSHIPS**

END  
HERE



**STORIES FOUNDATION IS A NONPROFIT IN MINNESOTA FIGHTING HUMAN TRAFFICKING AND RELATED ISSUES THROUGH SOCIAL IMPACT BUSINESS, AWARENESS EDUCATION AND COMMUNITY ENGAGEMENT.**

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## **OUR WHY**

We exist to further justice for every person by inspiring communities, influencing culture and implementing action.

## **THE PROBLEM**

Human trafficking is the recruitment, transport, transfer, harboring or receipt of a person by such means as threat or use of force or other forms of coercion, of abduction, or fraud or deception for the purpose of exploitation.  
- U.N. Trafficking Protocol

Although slavery is commonly thought to be a thing of the past, human traffickers generate hundreds of billions of dollars in profits by trapping millions of people in horrific situations around the world, including here in the U.S. Traffickers use violence, threats, deception, debt bondage, and other manipulative tactics to force people to engage in commercial sex or to provide labor or services against their will.

## **OUR SOLUTION**

Stories Foundation uses social impact business as a force for good helps us all do better. It gives individuals an opportunity to support nonprofit work through what they purchase, it gives nonprofits a variety of ways to bring in income apart in addition

to donations creating sustainability and it gives those who need support in the community long term solutions through dignified work and safe community. The nonprofit + social impact business model is a win, win for everyone involved.

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# HAVE A QUESTION?

**CONNECT WITH STAFF OR A BOARD MEMBER  
AT THE ACTION TABLES, EMAIL OR CALL US.**

hello@storiesfoundation.org | 612.268.1937



# Storyteller Cafe

## MISSION + VISION

To create a central space of engagement to support activism in the fight against human trafficking.

The Cafe will be the hub in the community that facilitates a holistic approach to ending human trafficking. This social enterprise will provide opportunities and training to survivors; education, awareness and tangible action steps for engagement to the general public and promotion of nonprofit organizations in the Twin Cities area.

In social justice spaces where there is much isolation, Storyteller Cafe is building a bigger table for the flourishing of our communities and the dignity of people, because every person has a story and every story has value.

## WHAT'S INSIDE

### > **Coffee shop & cafe:**

Open limited daytime hours, open for conference space rental and awareness events.

### > **Retail space:**

carrying fair trade, locally made, give-back products.

### > **Conference room:** mixed use space for meetings, awareness & community events.

### > **Three single bedroom apartments**

intended for emergency/short-term housing for survivors and those victimized by trafficking.

## STORYTELLER CAFE WILL

- > Build bridges between individuals, nonprofits and related social justice issues
- > Use food and coffee to educate individuals and inspire action
- > Income will aid anti-trafficking work
- > Provide opportunities for collaboration among local nonprofits
- > Continual community engagement in demand-decreasing awareness
- > Provide opportunities for survivors through creating jobs and offering job/skills training



## HUMAN TRAFFICKING STATISTICS

### UNITED NATIONS TRAFFICKING PROTOCOL:

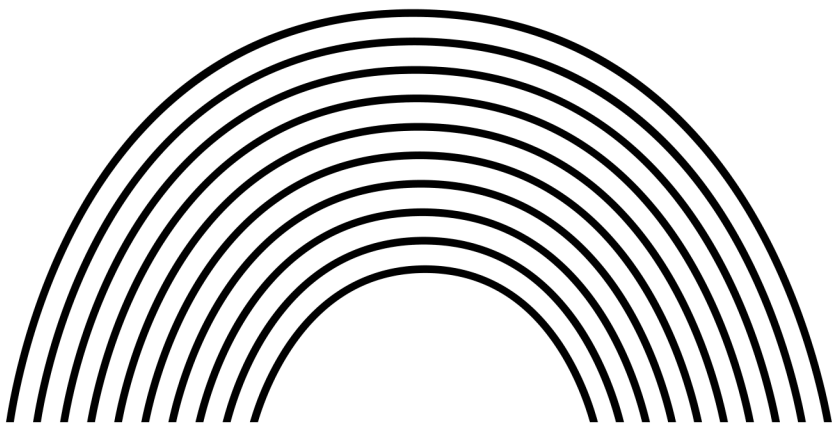
The recruitment, transport, transfer, harboring or receipt of a person by such means as threat or use of force or other forms of coercion, of abduction, or fraud or deception for the purpose of exploitation.

- > The human trafficking industry is estimated to make \$150 billion yearly, worldwide. \$99 billion from sex trafficking, \$51 billion from Labor trafficking.
- > The average cost of a person is \$90.
- > 80% of modern day slaves are women and 50% are children.
- > 30 million slaves worldwide is a conservative figure.
- > The average entry age of a girl into prostitution is 12-14 years old.
- > 1 in 5 pornographic images is of a child.
- > 55% of child pornography comes from the United States.
- > Minneapolis is ranked #2 in the nation in online solicitation of children by the FBI.
- > The FBI ranked Minnesota as one of the top 13 most troubled states in America.
- > Minnesota has an \$8 billion annual cost related to sexual violence.

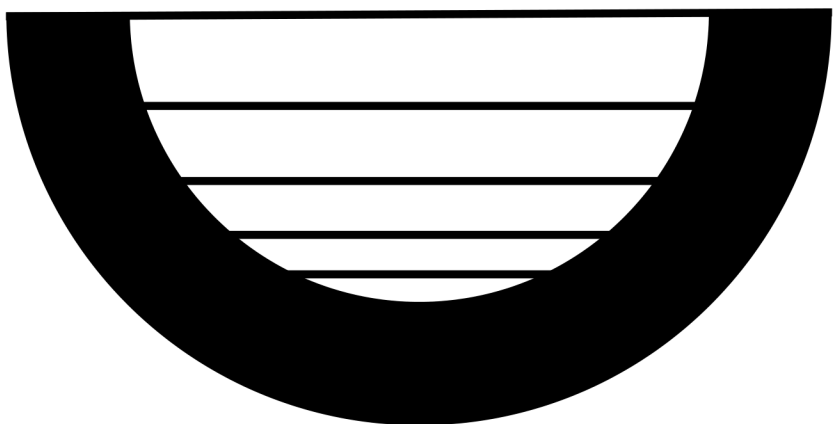
**SCAN CODE BELOW TO**

**DONATE DIRECTLY TO STORYTELLER CAFE**





**BUILD  
BRIDGES  
NOT  
WALLS**

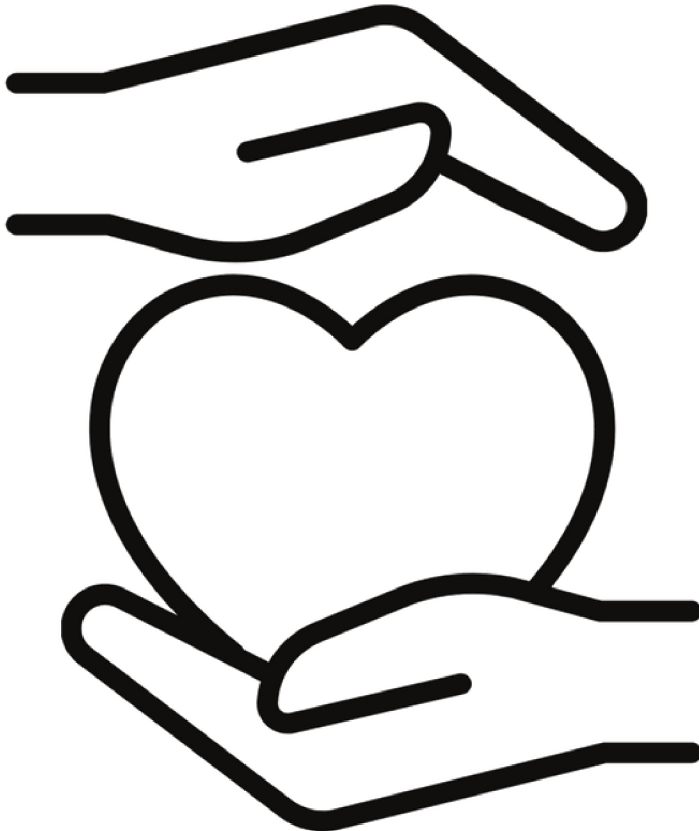


# HEALTHY

- ✓ SUPPORTIVE
- ✓ STANDS BEHIND YOU
- ✓ ENCOURAGES YOU TO GROW
- ✓ ENCOURAGES YOU OUTSIDE YOUR COMFORT ZONE
- ✓ TRANSPARENT
- ✓ HONEST + AUTHENTIC

# UNHEALTHY

- ✗ BLINDLY SUPPORTIVE
- ✗ FIGHTS YOUR BATTLES FOR YOU
- ✗ CRITICIZES OR JUDGES
- ✗ PRESSURES YOU TO DO THINGS YOU DON'T WANT TO DO
- ✗ MANIPULATIVE
- ✗ DECEITFUL





# LET'S CONNECT OUR STORIES

**TAKE ACTION WITH US TODAY!**

## **3 C'S OF A** HEALTHY RELATIONSHIP

-  **COMMUNICATION**
-  **COMPROMISE**
-  **COMMITMENT**

# TAKE ACTION

## AWARENESS EVENTS & TRAININGS

Host an awareness night in your home, or connect us to a community group, business, school or first responders.

## RECURRING DONATION

Create a recurring (monthly or quarterly) donation at any amount to support our general operating budget or Storyteller Cafe.

## ONE TIME DONATION

Make a one time donation at any amount to support our general operating budget or Storyteller Cafe.

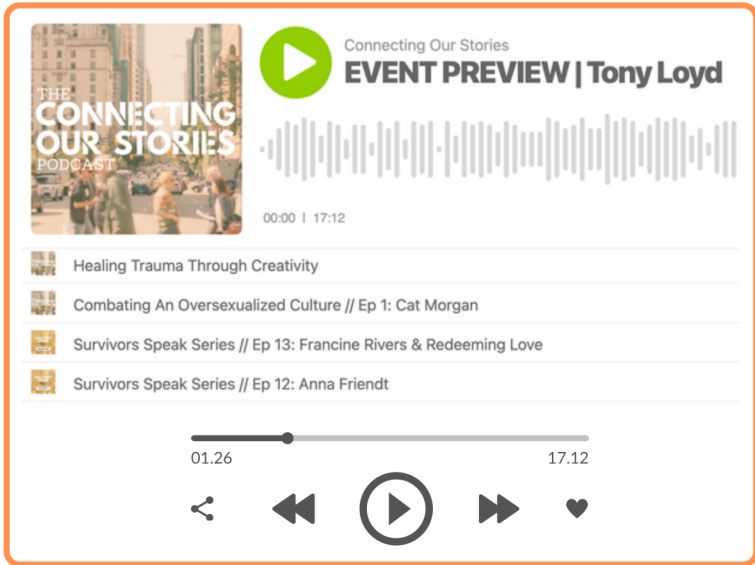
## CROWDFUNDING CHALLENGE

Host a virtual or in-person fundraising event between now and the end of 2023.



# CONNECTING OUR STORIES

WE BELIEVE IN AWARENESS THAT LEADS TO ACTION  
**BECAUSE STORIES MATTER IN THE  
FIGHT AGAINST INJUSTICE**



**LISTEN + FOLLOW**

Subscribe to the Connecting our Stories podcast to listen to stories of people who have been impacted by injustice in some way. Listening to survivor stories and stories of nonprofit leaders who are choosing to engage in hard issues expand our understanding of the issues and our ability to engage as community members.

When you follow the Connecting our Stories podcast you can also stay up to date with Stories Foundation and the necessary work of culture change to fight human trafficking that is happening locally. Don't forget to write a review and share it with a friend so more people can be connected as we see people and decrease human trafficking.

**OUR NEXT EPISODE WILL FOCUS ON WHAT  
THE SPEAKERS SHARED HERE TONIGHT.  
SHARE OUR PODCAST WITH YOUR PEOPLE  
AND SPREAD THE WORD!**







THE *Love, Sophia* PROJECT

## Becoming Builders of Healthy Relationships Because People and their Stories Matter

Do you **want** to be the **healthiest you** emotionally and mentally for **yourself** and **others**?

Do you **struggle** with *negative thoughts, anxiety, depression and manipulative relationships*?

Do you **want** a **safe place** to *learn* and *grow*? Do you need a **listening ear, help, resources** or **support**?

Welcome to The Love, Sophia Project.  
**We are Here for You.**

Our namesake, Sophia, believed in supporting victim/survivors of human trafficking, exploitation and abuse.

That's why when you shop The Love, Sophia Project products, 100% of the profits go to victim/survivor support.



SCAN TO SHOP



**Educate**

[Building Healthy Relationships Begins Here.](#)

Like with most things, building healthy relationships begins with us. Learning about healthy and unhealthy patterns helps us to become more self and others aware. Click Here to learn!



**Encourage**

[Everyone Needs Encouragement.](#)

Whether the voice in your head says you aren't enough, you struggle to get out of bed, friendships are hurtful or you don't feel seen we are here to tell you that you matter. Click here to shut the negative voices off.



**Community**

[Community, because We Truly do Need Each Other.](#)

You don't have to walk through this life alone. Join us on Tik Tok and Instagram and join a community of people like you who care about doing the work to build healthy relationships. Because #yourstorymatters and so does theirs.

CONNECT WITH US



@LOVESOPHIAPROJECT



LOVESOPHIAPROJECT.COM



THE LOVE SOPHIA PROJECT  
PODCAST





STAND OUT FROM THE CROWD



**YOUR  
PURCHASE  
FIGHTS  
HUMAN  
TRAFFICKING**



SCAN TO SHOP

**PROJECT OCTOPUS IS COMMITTED TO DESIGNING UNIQUE, FUN AND INSPIRING CUSTOM APPAREL THAT ALSO PROVIDES THE CUSTOMER AN OPPORTUNITY TO GIVE BACK AND MAKE AN IMPACT IN THE FIGHT AGAINST HUMAN TRAFFICKING.**



**100% OF THE PROFIT FROM YOUR PURCHASES AT PROJECT OCTOPUS SUPPORT THE WORK AT STORIES FOUNDATION TO RAISE AWARENESS, EQUIP COMMUNITY MEMBERS AND SUPPORT SURVIVORS.**

[WWW.PROJECTOCTODESIGN.COM](http://WWW.PROJECTOCTODESIGN.COM)

# 4 WAYS TO GIVE TO STORIES FOUNDATION

1

**GIVE A ONE TIME DONATION AT ANY AMOUNT**

2

**BECOME A MONTHLY DONOR AT ANY AMOUNT**  
POPULAR DONATION LEVELS: \$30(\$1/DAY), \$50, \$100

3

**MAKE A CHARITABLE STOCK DONATION**  
WellsTrade | Account #: 57648940 | DPC: 0141

4

**GIVE VIA YOUR DONOR ADVISED FUND**  
EIN: 47-3404006



**GIVE BY SCANNING THE QR CODE**

or mailing a check to:

Stories Foundation  
500 W Main St. #23  
Anoka, MN 55303

**Please feel free to reach out to us with  
questions and inquiries at:**

hello@storiesfoundation.org  
or call/text 612-268-1937

**THANK YOU FOR YOUR  
SUPPORT & GENEROSITY!**

STORIESFOUNDATION.ORG | STORYTELLERCAFEMN.ORG