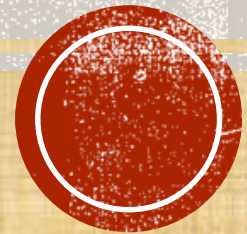


GARAGE SALE PROJECT FUNDRAISING EVENT FOR COLOMBIA

Senior Student

Highschool

March 2024



DESCRIPTION

- I planned a Garage Sale for Sunday, October 22, 2023 to raise money to support a new CAA project in Colombia. The funds raised will be matched by the company Home For Balance Psychotherapy Group, LLC.
- The project will provide mental health relief to over 300 women victims of violence aims to support a culture of peace in Colombia.
- The women will receive 10 individual psychotherapy sessions, group counseling and business coaching so they can support their children.



OBJECTIVES

The goal was to raise at least \$80 from the items sold

Raise awareness on the importance of mental health in wellbeing around the world



COLOMBIA



FACTS

- **Capital:** Bogotá
- **Area:** 1,141,748 sq km
- **Population:** 52.1 million
- **Languages:** Spanish, English, plus other languages
- **Life expectancy:** 72 years (men) 78 years (women)
- **President:** Gustavo Petro



TIMELINE



1

August 2023:
Plan out garage
sale and start
collecting the
items

2

Saturday Oct. 21:
Sort out the items
to sell and place
advertisements
for the day of the
garage

3

Sunday Oct. 22:
Have the garage
sale

4

Monday Oct 23:
Donate the
remaining items
to local charities

5

Friday Oct. 27:
Complete the
transaction with
matching funds
and complete
the presentation



ADVERTISEMENT OF THE EVENT

I made a flyer and taped it to the garage sale tables and posted it on social media.

The information was posted on the neighborhood community app and other local groups on Facebook.



commit
and
act

Garage Sale

* Support the non-profit commit and act to raise money for our "Project Colombia" where we are helping a group of women who have experienced domestic violence and are recovering to support their families!

All proceeds will be donated towards this cause and matched by Home For Balance Psychotherapy Group, LLC.

Visit us at: <http://commitandact.com/> and learn more about our projects around the world



ADVERTISEMENT OF THE EVENT

I made and displayed signs throughout the neighborhood advertising the event.

I told the neighbors about the garage sale and fundraising opportunity.

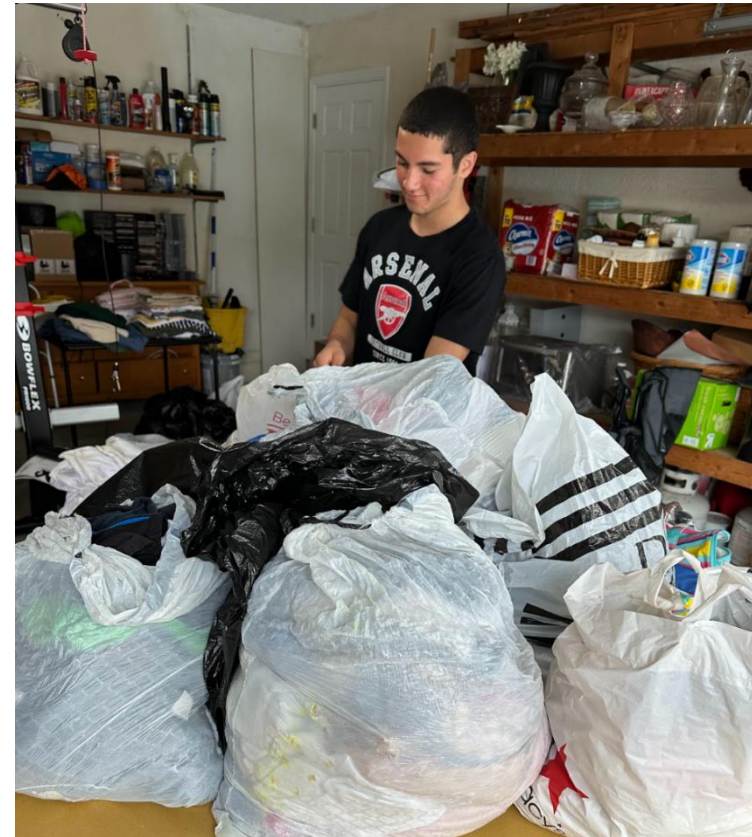


RESULTS

- Our team raised \$86 that were matched by our parents for a total of \$166. The company Home For Balance Psychotherapy Group, LLC donated \$150.
- We donated the items left to a local site that collects donations for women in distress.



PICTURES OF THE GARAGE SALE BENEFITING COLOMBIA



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PICTURES OF THE GARAGE SALE



PICTURES OF THE GARAGE SALE



- This buyer was getting clothes, shoes, blankets, kitchen supplies and bikes to send to her family and friends in Haiti.



HOW OUR FUNDRAISING FUNDS WERE USED

- The money raised at the garage sale was used to fund the COMMIT & ACT “Colombia Project” which aims to help over 300 women who were victims of domestic violence and are in need of psychological services and business coaching to re-start their lives and support their children.
- In total we raised \$300 that were used to open the Bank account that will serve to save money for the COMMIT & ACT “Colombia Project”.
- I encourage you to make a donation and support empowering these women and their children.



CONCLUSION

- This experience was enriching as people were interested in learning more about Colombia and complimented me for raising awareness on mental health.
- I'm happy the money we raised is going to benefit many women victim of domestic violence recover and lead a productive life and support their children.
- As a leader I learned about the importance of planning, organizing and communicating effectively with all the parties involved.
- Helping others makes me feel like I'm making a difference in the world and supporting others.
- Since the items went to other people in need, it taught me that giving can be unlimited.
- I will be using this experience for college essays because I learned a lot from it.



**FOR MORE INFORMATION ABOUT
COMMIT & ACT, PLEASE VISIT THEIR WEBSITE
AT [HTTPS://WWW.CAA-COLOMBIA.COM/](https://www.caa-colombia.com/)
[HTTPS://WWW.COMMITANDACT.ORG](https://www.commitandact.org)**

