

Commit and Act

Garage Sale

Fundraising Project

Luisa

Junior – Class of 2026





What Made You to Join "Commit and Act"?

Although I have been raised in America, my parents always taught the Colombian culture as we were all born there. I have had the privilege to travel to Colombia and get exposed to the needs that many people lack there. Colombians are hard workers, smart, sympathetic, and, of course, proud of our country. Unfortunately, sometimes the lack of opportunities cause stress and anxiety which later lead to other mental health challenges, as seen all over the world.

My family has a tradition to help people. This tradition has been passed to me from my grandparents who were known for helping others. One event I want to share that marked my life was when my family brought donations to a foundation for kids and teens that tested positive for HIV and live in a foster institute because their parents passed from AIDS. Seeing them smile and even dance with the donations was a truly amazing experience.

Since then, I love helping, sharing, and spending time with people!



The event was planned for October 19, 2024, and the main goal was to support the CAA project in Chia, Colombia.



Home for Balance, Psychotherapy Group, LLC committed to match the funds raised.



This project will help over 340 women victims of violence have mental health services by receiving 10 individual psychotherapy sessions, group counseling, and business coaching. These services will help them support their children.

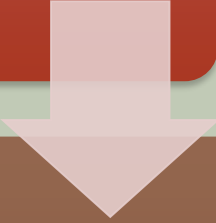


Description of the Fundraising Event




Objectives

1. To raise money to provide psychological support to single moms in Colombia.
Goal of \$90



2. To increase awareness of the need for psychological services, especially in Colombia.



3. To promote Commit and Act and get more people to know about this important nonprofit organization.

Facts about Colombia

▶ Nationality Noun:

noun: Colombian(s)
adjective: Colombian

▶ Flag:

The Colombian flag is a horizontal tricolor of yellow, blue, and red.
The yellow band is the size of both the blue and red bands combined.

▶ Colombia Population

52,886,363

▶ Capital:

Bogota

▶ Language Note

Spanish (official) 98.9%, indigenous 1% (65 indigenous languages).

▶ Urban Population

urban population: 82.4% of total population

rate of urbanization: 1.01% annual rate of change



Behind the Scenes

- ▶ The first thing I did was create an invitation for people to donate items; it was sent about five weeks prior to the day of the garage sale.
- ▶ I texted people frequently and talked to them about Commit and Act to get more donations and at the same time, opportunities for Colombian single Moms to receive help.
- ▶ Then, I did another invitation to get people to stop by and buy!
- ▶ Signs were displayed throughout the neighborhood to help advertising the event.

Date: October 19, 2024

From 8:00 a.m. to 11:30 a.m.

561 NW 48th Ave, Deerfield Beach, FL, 33442

Commit and Act is an organization dedicated to empowering vulnerable populations in Sierra Leone and other locations. They work with local healthcare workers and other professionals to aid survivors of violence and help prevent it.

We treat survivors of domestic and gender-based assault, people struggling with trauma following Sierra Leone's 11-year civil war, and community members facing mental health difficulties.

Within our safe, accepting shelters and workshops, we offer space both to heal from pain and to build fulfilling lives and families.

Please help us support single mother's mental health

Clothes, art, books, household items and much more!

Garage Sale

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Please help us support single mother's mental health!



Donations could be House items, clothes, or money. They will be collected on Saturday September 28th or you can bring them to school any day of the week. Please find me at school. I'm a junior and my name is

Luisa Velosa



Collecting Donations

- ▶ I went to different places to get the donations; my friends donated things like clothes and TVs.
- ▶ Then, I started to organize items to make sure all donations were in good condition and classified them into categories to make sure customers could find stuff easily.
- ▶ In totality, we received TVs, a microwave, an air fryer, lots of designer clothes/ brand new clothes, patio decorations, art pieces and much more from many different people.

The Day of the Garage Sale



- ▶ This started the night before. My parents and brother helped me pack everything in the cars because I wanted to leave everything ready before the morning of the garage sale.

- ▶ On Saturday, the day of the garage sale, we woke up very early because a friend let us use her house to sell the items since she has a bigger garage and more space in front of her house.



- ▶ We organized the donations into different areas:
 - ▶ Electronics were on one table
 - ▶ Clothes were on another
 - ▶ Patio Items were assembled on the floor
 - ▶ Shoes



That day the weather was not the best which affected the sales a little bit because it discourages people from leaving their house. However, we did get a few costumers.



We sold about \$16



I was not very happy with the sales not only because the amount of money collected was not the greatest but also because what we were selling included affordable, good quality items for the buyers.



While driving back home, I started to text friends and family to try and sell stuff online, and to my surprise, I sold more items.



I also went to a close neighborhood and sold boxes of clothes for their families at a very low cost (2 boxes for \$5), they were very happy about that!



The rest of the items that I could not sell were donated at local foundations and gave some to a very poor income neighborhood.

Results of Sales and Donations

Outcome from the Garage Sales

Item sold	At the Garage Sale	After Garage Sale	Online Donation
Air fryer	\$10		
Donation	\$5		\$10
Markers	\$1		
TV		\$10	
Guitar		\$15	
Microwave		\$25	
Water bottle holder		\$1	
TV X 2		\$30	
Clothes		\$10	
Total	\$16	\$91	\$10



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 need psychological services and business coaching to restart their lives and support their children.
- ▶ I raised \$117 in total, and Home For Balance donated \$100, for a total of \$217.
- ▶ I encourage you to donate and support these women and their children to improve their lifestyles.

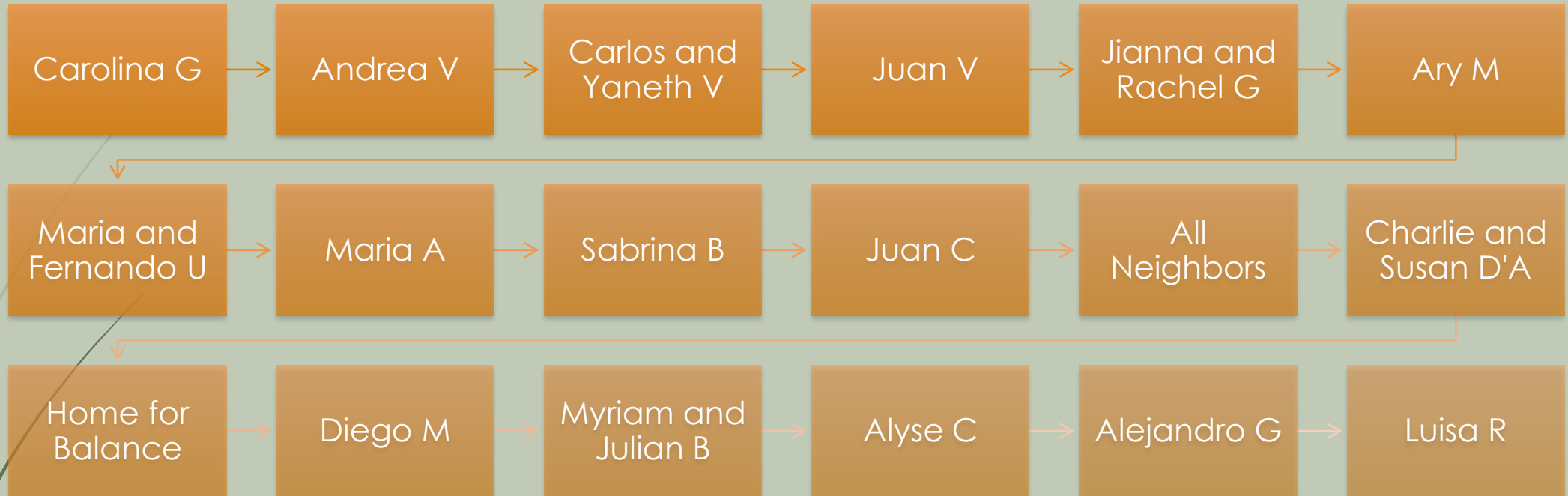




Conclusion

- ▶ Enrichment and gratitude are the two words I will use to describe this project.
- ▶ This project became a chain of the community helping each other. I loved being a part of this. It helped:
 - ▶ Neighbors, friends, and other people I spoke to about the project by increasing awareness of the need to support women's mental health and at the same time help their children. They expressed interest in supporting CAA.
 - ▶ Neighbors in need by getting extra stuff from the garage sale for free, were told about the activity.
 - ▶ Women victims of domestic violence in Colombia by having psychological services.
- ▶ This project also helped me practice planning, organization, and executive skills to help the community.

Thank you!



If your name is here, you played an important role in the process of providing support to single mothers and helping them improve their lifestyles. Please know that they appreciate your support!!

An additional thank you to Home for Balance Psychotherapy Group, LLC for the unconditional support of this project.

* Please use the Enter key to see each name appear when seeing the slideshow

For more information,
please visit their website:
[Commit & Act](#)