



## JOIN THE MOVEMENT!

Are you ready to embark on a journey of healing, empowerment, and culinary delight? Whether you're a survivor seeking solace or a supporter eager to make a difference. "Soulful Cuisine" welcomes you with open arms!



## COOKING FOR HEALING

The Ethiopian American Story of Healing through Cooking

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## ABOUT US

At Rise Above Abuse Now, Inc., we believe that the journey to healing and empowerment begins with a sense of community, compassion, and comfort. Our mission is to provide a safe haven where victims, survivors and overcomers of human trafficking and other painful experiences can come together to break bread, share stories, and find solace in the therapeutic power of fellowship. Many individuals who suffer from trauma or PTSD have found Therapeutic Cooking beneficial, as engaging in cooking has helped some participants find a sense of safety, control, and grounding.



# THERAPEUTIC COOKING:

Drawing upon her Ethiopian heritage and her love for cooking, Fetihya embarked on a quest to heal herself and others through the transformative power of food. She knew cooking was more than just a means of sustenance; it was a form of therapy, a language of love, and a pathway to empowerment



## OUR VISION



**1:** Empowering survivors, victims, overcomers one recipe at a time



**2:** Discover the healing power of food, one bite at a time.



**3:** Embrace self-expression, one ingredient at a time.



**4:** Forge connections and cultivate resilience, one meal at a time.

