



June 2012

## Challenge Grant Received

GSM received a generous challenge grant of \$4,000 from the **Don Splawn Foundation East** for our Children's Learning Centre, which provides a free education for children whose parents can't afford school fees.

For every dollar contributed from June 1, 2012 to September 1, 2012, that dollar will be matched by this grant.

Please consider giving today to help us meet our goal of \$4,000!



*Allison McNaught, Aarti Shah, and Sachin Vekaria visited the GSM house for nine days, and ran intensive and fun programs for the children.*

## A page from the Family Album

I am often asked how I manage to care for 21 children on my own. I can assure you, I am not alone. I have a dedicated house staff of five, and 12 staff for the training programs, security and garden.

I am also very fortunate to have volunteers from all over the world who have found their way to Ghar Sita Mutu. These special people enhance our children's psychosocial and interpersonal development. Given the very difficult circumstances our kids come from, their help is critical.

Most recently, **Aarti Shah**, a volunteer from the United Kingdom returned to the House for her third visit. This year, she was joined by **Sachin Vekaria** and **Allison McNaught**, members of a UK based group that Aarti started in her support of Ghar Sita Mutu and called *GSM Friends with a Heart*. They also brought \$11,000 they had raised on our behalf.

These three volunteers ran a high energy, creative program for our children during their nine-day stay that included yoga sessions, early morning physical training, interactive games, art, drama, meditation, stress management, and more. Aarti also provided special chiropractic treatments for several of our children and some of the local women. Allison led a Bright Stars Program that improves emotional mental health in children, and is especially effective for children with difficult backgrounds. In memory of his father, who loved children, Sachin treated us to a very special day: a day of swimming at a local hotel pool!

A heartfelt thanks from me and the children to our extended family of volunteers.

Best wishes, Beverly



Laxmi practices breathing exercises with a feather.



Sachin and Aarti doing animal yoga with students from our Children's Learning Centre. These children, whose mothers work mainly at a local carpet factory, loved all the fun activities.

## Quick Links



Blog:



**Website**

[HousewithaHeart.org](http://HousewithaHeart.org)

**TO DONATE**

[HousewithaHeart.org/donate](http://HousewithaHeart.org/donate)

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