

# The Family Album

Deborah Antoine, Editor

Tower of Hope Ministries

October 2024

## International Travel Marks a Healing Milestone

*Overcoming Fears, Dreaming & Hoping, Living Transformed*

Shaquia Reed completed all three phases of the **Tower of Hope Academy Triumph Over Trauma** program. Because her mind, body and soul healed, she can pursue a degree in psychology with plans to become a family and youth counselor. Shaquia is creating a legacy of courage, healing and faith by becoming her family's first member to travel abroad. She is a living testimony that God is a Healer Who helps people triumph gloriously over trauma. Shaquia reflected on her travel experience to England and Ireland in May 2024.

I'd always wanted to travel worldwide, meet new people, and see God's beautiful creation. I even went to flight attendant school, but God truly

had other plans. I was heartbroken when I couldn't complete my training, but I see now that it was God's grace. He first desired to heal me and then fulfill His dream for me by sending me to a university, where I could study abroad. I now understand that I could not have appreciated the things I've seen without allowing God to heal my

heart and mind and fix my vision so I could see the world through His eyes.

God began to heal my mind from the generational curses of fear and limitations that dominated my belief systems. After I decided to travel, fear told me that my dream was too big and wasn't God's dream for me, and I should just give up. But God defeated every lie the enemy told me. As I prayed and trusted Him, the funds miraculously appeared; people donated items I needed, a wonderful group of women shared the experience, and He proved that He was with and for me every step of the way. Because God revealed Himself as a healer and provider, I and my descendants will have an abundant life as He promised.

Shaquia in England: Big Ben and Oxford University



## OUR MISSION

To help people triumph gloriously over trauma through research-knowledge and faith-based strategies.

## OUR VISION

To transform trauma survivors into healed overcomers by empowering them with HOPE.

[Heal, Overcome, Persevere, Educate]

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# Hope4Life: *Where are they now?*



**Angela Jackson**

Before *Triumph Over Trauma*, my marriage was on a downward spiral, but because of the strategies I learned for growth and healing, God helped me walk in victory in my marriage and other relationships. I now participate in my marriage and other relationships with an understanding that most people respond to situations based on what happened in their past and not what's in the present. I'm more compassionate and better understand the need for humility, considering the grace I've been given. The knowledge I gained spared my marriage and my mind. After years of marriage, my husband and I are growing and recently purchased a new home. Glory be to God!



**Teri Pursley**

I am thankful for my healing journey. Low self-esteem, negative thinking patterns, and high anxiety no longer bind me. I struggled with PTSD, residuals, triggers from my abusive childhood, and a lack of concrete direction and purpose. But thanks be to God, Who provided a healing program through *Triumph Over Trauma*; I learned that through processing past trauma, adapting new coping skills, and applying God's word, I am no longer captive, but I am free! Because of freedom, my marriage is thriving, my children are growing closer to the Lord, and I am walking in my God-given purpose! I would not be where I am today without this excellent program!



**Shaneice Thomas**

Before *Triumph Over Trauma*, I struggled with focus and concentration while battling depression. I resigned from my job because it overwhelmed me, and the struggles hindered my job performance. I took a career break to work on mental and emotional health through the **TOHM Academy**. Since graduating, my mental capabilities have completely turned around. I have reintegrated into the workforce as the owner and founder of *The Purpose Project Co.*, where I help others overcome obstacles and find their purpose.



**Christian Thompson**

Before **TOHM**, I couldn't feel, love or think critically. After healing, I love without fear and triggers. I no longer ride the emotional rollercoaster or feel chained to past experiences and abuse. I got married this year, and I am living the life I dreamed. I can think critically and solve problems. Although life after trauma isn't perfect, I have the tools to succeed, and I'm equipped to handle the ups and downs. As a **TOHM** staff member, I can give to others. I am now a John Maxwell certified coach, and I will help others triumph gloriously over trauma.



**Tiffany Thompson**

Before **TOHM**, my life was a chasm of deep sadness, mental illness, complex PTSD and debilitating fears. I lived in a prison of pain from Childhood Trauma and abuse. I needed deliverance from the suffocating bondage. While completing the *Triumph Over Trauma* program, God took me from death to abundant life, healed my wounds, restored my authentic self and revealed my purpose. I have peace, confidence, self-acceptance and self-love, and I have transformed mentally, emotionally and spiritually. I am now healed and whole. I know who I am—something I couldn't truthfully say before. As **TOHM's** Director of Operations, I have the privilege of helping others find the same freedom.



August 12-14 were momentous days for Dr. Washington and the five **TOHM** leaders who attended the International Maxwell Conference held in Orlando, FL to attain their certification from the esteemed *Maxwell Team Leadership, Coaching, Speaking and Training Development Program*.

John Maxwell focuses on turning individuals into leaders who value people who will transform their spheres of influence. **TOHM's** vision is to transform trauma survivors into healed overcomers. A step toward meeting this goal is to have skilled leadership training. **TOHM** is not only focused on helping people heal but also on helping them translate their inner healing to their outer lives as they build confidence and develop greater thinking skills and strategic planning capabilities. The Maxwell program educated, empowered and equipped **TOHM's** leaders to effectively take their mission of hope and healing to the world. Attending the International Maxwell conference helped build leaders' confidence through the application of leadership, speaking and coaching skills. Attendees developed greater thinking and strategic planning capabilities and

teamed up with people from other countries to share leadership and coaching techniques.

Chaunte Lowe, a four-time Olympian,

shared a heart-wrenching inspirational message of how she overcame childhood trauma, trained for the Olympic Games while undergoing chemotherapy, had a double mastectomy, and advocated for breast cancer awareness. She said, "I had a goal, and it was to live, and how I tackled cancer and what I spoke about my situation was the difference between life and death. I recorded a message to myself—*It is time to fight*—which I listened to as often as possible." Chaunte's message resonated with **TOHM** staff because they, too, had one goal in mind when they came to **TOHM**: to be healed.

The Maxwell program educated, empowered and equipped **TOHM's** leaders to effectively take their mission of hope and healing to the world.



*Seven  
Years  
of  
Glorious  
Triumph  
over  
Trauma*

From the Desk of the Founder and Executive Director  
**Dora Washington, Ed.D.**

Seven years ago, God led me to create an organization to help survivors of **Childhood Trauma (CT)**. **CT** left me chronically ill and emotionally, mentally and spiritually numb. Even so, I hadn't heard anyone say they suffered from the long-term effects of **CT**. All I had was a word from God to help His people and a willing and obedient heart to do what He told me.

After hearing God's calling, I learned that if God tells me there is a need, I don't have to see it, hear about it or even fully understand it. Seven years later, we have a waiting list for the **Tower of Hope Academy** Phase 1 program. Not everyone in the program suffered sinister acts by their parents, as I did. However, I know God called **Tower of Hope Ministries** to exist for those with deep-rooted pain who need healing.

For the best seven years of my life, I've watched God take me and others from ashes to beauty, pain to joy, hurt to healing, doubt to faith, and impossible to possible. The first class of 15 people was held at the Ferguson Community Center. I believed God was with me despite well-meaning supporters questioning the pro-

gram. In the first year, I learned the importance of doing what God says instead of listening to what people say. I learned I had to walk by faith, which is precisely what the **TOHM** volunteer staff and I have done. Without faith, it is impossible to please God and do this work. *Faith is confidence in what we hope for and assurance about what we do not see.* [Hebrews 11:1] Learning I was only God's vessel was significant because it put things into perspective and helped me understand I don't have to make things happen—God makes things happen. Giving concerns to God takes the stress off. To remain grounded, I remind myself that these are God's people, God is responsible for their healing, and God is Omniscient. He sees and knows everything that happens in their lives. He loves them, will help them and is turning things around for their good.

We adapt and improve the program each year to help survivors *triumph gloriously over trauma*. Two of the most significant additions in 2024 are tracking participants' progress and making stronger connections in the community. Monitoring participants' progress gives immediate feedback on what works. Stronger community connections are a blessing because they make the community aware of our services and help us learn more about the services available in the community.

In 2024, we strengthened our community connections by participating in programs, luncheons, church services, social media platforms and marketplace events. We began outreach to improve the lives of individuals and communities, learn how to support other organizations and increase awareness of the *Triumph over Trauma* healing program.

Our 7th year of operation brought great victories:

- Promoted 12 participants from the Phase 1 & 2 Classes

- Partnered with the St. Ann, MO Police Department to host our first *Hope 4 Healing 5K Race*.
- Hosted our 2nd Annual **TKM Conference**
- Participated in **Giving Tuesday (National Day of Giving)** and the Give STL fundraiser to raise awareness and donations
- Attended the John Maxwell Leadership Conference
- Hosted our 5th annual **BBQ**
- Created our publishing company
- Held fundraisers to raise awareness of the **Tower of Hope Academy** and gain support for our mission
- Benefitted from over **16,000 volunteer hours** from graduates, donors and supporters

God was faithful as we stood on His Covenant Promises, and **TOHM** has grown. His promises have been life-changing for me and those I lead. It is comforting to know God is *not like man that He should lie* [Numbers 23:19]. If He said He would do it, we mark it done in our minds. No matter how long it takes, He will bring it to pass. We have great Biblical examples to say Amen. We witnessed and experienced great blessings, healings and hope as we stood on His promises.

**TOHM** is blessed to have donors supporting us since our first year of operation, and we want to have new ones by our side standing strong with us. A special thanks to graduates who are relentless volunteers, participants who give continuously to support our causes, and sponsors who know this program is the Lord's doing and that it is marvelous in our eyes [Psalm 118:23].

We look forward to another year of miracles, signs and wonders as we walk in our purpose.

*Triumph Gloriously Over Trauma!*

# HOW OUR LIVES HAVE CHANGED

## Testimonies of Deliverance

### Phase 1

- ◆ **Lauren:** I learned the research behind the behavior outcomes of trauma and have Godly strategies to process it. Growth, Mercy and Peace describe my transformation this year.
- ◆ **Symone:** I am delivered from PTSD, shame, guilt and regret. God delivered me from things I thought I might have to live with forever. God used **TOHM** to change the way I think and to clean up my life spiritually, physically and emotionally.
- ◆ **Trinity:** God gave strategies for healing and I received wisdom. I can see where my trauma was rooted and how to properly fight for deliverance to walk in freedom.
- ◆ **Trish:** I've learned that the root of spiritual ills can be uprooted by the power of the Holy Spirit. I have been given power over ALL of the power of the devil!
- ◆ **Joshalin:** The *Triumph Over Trauma* program helped me understand that God orchestrated every assignment, scripture, prayer cell, prayer call and conversation with **TOHM** leaders to heal me, for which I am grateful.
- ◆ **Mechelle:** I'm no longer ruled by the events and emotions of the past. I have research-knowledge and faith-based strategies to overcome a lifetime of pointed attacks and attempts of the enemy to kill me and steal my joy.
- ◆ **Monique:** I experienced such amazing breakthroughs that I found it imperative to travel monthly from the northwest suburbs of Chicago to St. Louis. The in-person experience is absolutely phenomenal and life-changing. The *Triumph Over Trauma* program helped me to

## Tower of Hope Ministries Organizational Achievements

- **Tower of Hope Academy** celebrates its 3<sup>rd</sup> year of operations, including the flagship *Triumph Over Trauma* program, relationship classes and one-on-one faith-based coaching to provide mental, physical, emotional and spiritual support
- **15** Participants have completed Phases 1, 2 & 3 of the TOH Academy
- **33** participants completed Phase 2 *Triumph over Trauma*
- **55** participants completed Phase 1 *Triumph over Trauma*
- TOHM leaders certified to coach, speak and train as Maxwell Leadership Team Members
- **Hope Headlines**, monthly e-mail newsletter launched to communicate news and events
- **Road to Redemption** self-paced online introductory course launched
- **Hope4Life** in its 2<sup>nd</sup> year for Phase 3 graduates
- **Living Hope Facebook Family:** Facebook Live monthly video streaming with Dr. Washington launched October 2021 and has **212** members
- **Up From These Ashes** published as 1<sup>st</sup> book from TOH Publishing
- Newsletter: **The Family Album** communicates news regarding the work of **TOHM** and the successes of its participants
- **Triumph Over Trauma Manual** used in the TOHM Academy to educate, support and train trauma survivors using *research-knowledge and faith-based strategies*
- **Community celebrations:**
  - Annual Family BBQ
  - Annual Christmas party
  - Vision Board Party
  - **Holiday Hope Group Hug**
  - **Hope4Healing 5k** race
  - Health fairs participation
  - **Hope Hangouts**
  - **Sponsor Appreciation Dinner**
- **Volunteer** contributors gave more than **16,000** hours to provide services for operations, conferences and social events.



Promoted from Phase 1; Joshalin, Symone, Logan, Lauren, Mechelle, Trish. Not pictured: Monique, Trinity

overcome many unhealthy habits and replace them with God's truth.

- ◆ **Logan:** **TOHM** showed me that anything is possible, no matter the trauma. God can heal and restore me from anything! My healing will be used for His glory and for His people who suffer. I've found genuine joy and overcome suffering!

### Phase 2

- ◆ **Tiffany S:** **TOHM** helped me triumph gloriously over trauma by developing tangible skills and awareness of unproductive responses. I refined skills to change my response to life challenges. I have more peace and less stress.

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Promoted from Phase 2: Tiffany S, Alisha. Not pictured: Carmen, Melanie

# Healing One Step at a Time

The *Hope4Healing 5K*—the first of its kind in St. Louis—is a mission to change the trajectory of families, communities, states, countries and eventually the world—by healing, one step at a time. Proverbs 13:12 says that when hope is deferred, it makes the heart sick, but when that longing is fulfilled, it is a tree of life. CT survivors are often hopeless, but the vision of **Tower of Hope Ministries** is to transform trauma survivors into healed overcomers by empowering them with **H.O.P.E.**

**TOHM** continues to spread God’s message of hope and healing. In the weeks leading up to the race, several people experienced divine intervention, including a homeless woman and people seeking deliverance. **TOHM** became aware of people with health issues and prayed for them to resolve so that they could participate in the race and everyone could experience improvement.

God amazed **TOHM** with provisions of funds, connections and relationships prior to the race. There were 66 race registrations and 17 donors and sponsors. Seeds of hope continue to take root and produce fruit for all participants, volunteers, donors, sponsors, St. Ann partners, and communities. St. Ann’s Mayor, Amy Poelker and Police Chief Aaron Jiminez were instrumental in the event’s success. Next year’s event is August 2<sup>nd</sup>.



## News



St. Ann Mayor Amy Poelker at the *Hope4Healing 5K*.

## Family

**TOHM’s** annual BBQ was, once again, a success. On July 14 as the aroma of smoky BBQ, prepared by the grillmasters of **The King’s Men**, filled the air, food nourished the body while joy nourished the soul.

At this year’s gathering, Dr. Washington shared her story of triumph over Childhood Trauma. Her story demonstrated the power of God to protect even during the worst of circumstances to bring overcomers to a place of divine purpose.

Dr. Washington reminded those in attendance that God works all things out for good, according to Romans 8:28: *And we know that for those who love God, all things work together for good, for those who are called according to His purpose.*

A highlight of this year’s BBQ was a performance by **TOHM King’s Men** member and recording artist Corey Pursley. Corey’s songs of deliverance were felt by the heart and spoke to the soul. What a great time of praise and worship!

**TOHM** looks forward to the next BBQ to provide hope and healing to the community. We hope to see you there!



Road to Redemption offers an introduction to the **Tower of Hope Academy’s Triumph Over Trauma** program to help individuals identify life roadblocks and grasp the link to their past experiences. Participants learn about Childhood Trauma and how it caused the difficulties they experience in adulthood. Road to Redemption is an online, self-paced course with videos and activities that is open to all faith backgrounds. It helps determine whether there is interest in enrolling in the **Triumph Over Trauma** cohort for an in-depth healing experience. Interested individuals can enroll in Road to Redemption at any time.

## The King’s Men Host 2<sup>nd</sup> Conference

The King’s Men, hosted *The Audacity to Heal*, the second annual conference, over the first weekend in June. The two-day experience equipped, empowered and educated men to their Childhood Trauma and its affects on their adult lives. Dr. Washington and iEmerge Leadership’s Perry Coleman provided keynote addresses.

On Friday evening, a co-ed panel discussion examined how to successfully navigate relationships infected by Childhood Trauma. Saturday’s agenda of small-group sessions provided men a safe place to

recognize, analyze and release their past to move toward their future and live the abundant life Jesus intended. Men left empowered, in-



spired and filled with determination and hope to positively influence their families and communities.

## TOHM Family Reunion

TOHM held a three-day reunion to commemorate the hope, freedom and healing graduates received from their Tower of Hope Academy experience. The reunion coincided with the October 2023 graduation of the participants who completed all three program phases. TOHM family traveled from California and Florida to celebrate and reunite with fellow graduates. The celebration



was filled with reminiscing, laughter and love as the classes reunited. The reunion centered around commemorating God’s faithfulness to the Tower of Hope Academy cohort groups who became a family of choice after surviving childhood trauma and overcoming it. Attendees engaged in games, worship and meals and felt love, acceptance and unity during the reunion. All who attended are looking forward to the next reunion with their family of choice.

### Phase 2 (Continued)

- ◆ **Carmen:** Phase 2 brought awareness of spiritual warfare and the authority we have as believers, as stated in Matthew 18:18: *I tell you the truth, whatever you bind on earth will be bound in heaven and whatever you loose on earth will be loosed in heaven.* This is our heritage as children of the most high God!
- ◆ **Melanie:** TOHM helped me overcome trauma through strategies, prayer, support and love. I persevered through God’s word and His promises and can now love people who caused me pain. I act in faith and do things that I never dreamed I could do.
- ◆ **Alisha:** Negative thoughts and emotions were my reality, but negative thinking no longer binds me. God covers my ear gates or sends someone with a word for me. I’m not alone and grateful to know I was never alone; He has always held me.

## Testimonies

- God showed me how to trust Him and how to strengthen my trust in Him. He restored my marriage to laughter, conversations, and enjoying one another. He restored the relationship with my son.
- We were approved to buy a house against all worldly circumstances. I lost 12 pounds by eating better and exercising more based on TOHM teachings. I maturely managed my finances despite challenges and the constant pressure to produce financial stability. God delivered me from the spirit of condemnation and perverse spirits. He came to reclaim me as His beloved daughter.
- TOHM gave us the lessons, counsel and prayers through research-knowledge and faith-based strategies to learn what happened to us was caused by Childhood Trauma. Every lesson gave me comprehension and time to reflect, and it helped me move forward in victory.
- With every session, I feel chains breaking. I am freed to live a purposeful Holy Spirit-led life. I am no longer captive to my past. Each session peels away layers/years of behaviors that no longer serve my authentic self.
- I can think and function better, identify problems that I was previously blind to or ignored, and know I am more than a conqueror.
- I feel stronger emotionally and able to experience a full spectrum of emotions without spiraling out of control, being overwhelmed, or allowing myself to be distracted as a form of avoidance.
- I am delivered from people-pleasing and co-dependency.

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## Testimonies

cont. from p. 6

- I no longer live in constant condemnation, fear, guilt and pain. I'm delivered from that myriad of emotions and cycles of despair. I'm now able to trust and dream again.
- I feel stronger mentally and emotionally, and my thoughts are coherent. God is organizing the compartments in my brain, and I confidently recognize His voice.
- My brain is working again! Multiple thoughts, emotions or sensory input no longer overwhelm me. I can make adjustments in my responses and behaviors. I'm not reacting in *flight or flight*. Old things are passing away, and I'm learning new things.
- I can forgive more quickly, feel God's presence when I'm alone with Him, read every day, spend more time with God, and have more compassion for people.
- Following the Lord's guidance, I hear God's voice steer me away from the devil and the wrong direction. I can tell the difference.
- I had recurring patterns of behavior that sabotaged God's blessings and plans for my life. I had free will to escape but not the eyes to see how. Now, I have faith-based strategies that free me from sin, shed the layers of negativity and reveal who God made me to be.
- TOHM helped me understand that who I used to be is not my fault. Dr. Washington's experiences taught me that my trauma doesn't define my life forever. Her research and Biblical studies helped me tear down the natural and spiritual strongholds that tried to keep me bound!
- ◆ I learned that healing takes work and that I have a responsibility for my healing. I also learned that I have to intentionally protect my healing.



Dr. Washington's memoir is now available from Amazon. Despite a childhood of physical, emotional and sexual abuse, abandonment, starvation and unrelenting poverty, God's love and mercy triumphed as His grace provided redemption and healing, leading Dr. Washington to establish **Tower of Hope Ministries**.

### Triumph Over Trauma

First Tower of Hope Academy Phase 1 class Receives **Triumph Over Trauma Manual**

Following feedback and revision from the **Triumph Over Trauma** pilot program (2022-2023), the 2023-2024 Phase 1 class received the **Triumph Over Trauma Manual** as part of their course materials. Each monthly chapter includes an original article by Dr. Washington, pages for note-taking, graphic organizers, **POWER Healing Assignments** and the monthly **Declaration, Affirmation and Prayer**.

### TOHM is a 501c3 non-profit organization

All donations are fully tax-deductible. TOHM complies with all state and federal laws governing non-profit organizations.

*We are Grateful for Your Support*

Your financial support is vital to help people **triumph gloriously over trauma**, and know God. TOHM never takes a break from our mission and your donations make it possible for us to keep working to help others.

Please make your donations at the platform of your choice.



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PO Box 834  
Florissant, MO 63032

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*For More Information*  
[info@towerofhopeministries.com](mailto:info@towerofhopeministries.com)



### Tower of Hope Academy

**Phase 1: Triumph Over Trauma** participants come with a checklist of emotional, mental, physical and spiritual challenges. Participants learn how to end the trauma drama reign in their lives. Every facet of trauma is analyzed through the lens of the Biblical perspective. Phase 1 concludes with promotion to Phase 2.

**Phase 2: No More Trauma Drama** is a continuation of TOHM support and training. Phase 2 participants are more easily able to identify and

quickly process or monitor stress, triggers, residuals, emotional pain and flashbacks—as well as spiritual attacks. Phase 2 allows overcomers to begin to live the abundant life Jesus promised instead of worrying and stressing as they are taught how to win in spiritual warfare. Phase 2 concludes with a memorial project detailing momentous deliverances.

**Phase 3: Life After Trauma Drama** is all about *Living the Abundant Life*. Overcomers understand life

comes with challenges, setbacks, and disappointments and they are equipped with emotional and spiritual skills and trained to handle the curves life throws. They mentor Phase 1 participants. Phase 3 concludes with a graduation celebration.

**The King's Men** participants complete Phases 1, 2 & 3 focusing on men's issues. They learn how to navigate difficult relationships, effectively communicate, overcome past hurts, forgive and move forward.

# Triumph Over Trauma

## Our friends and sponsors



Charlotte Owens  
Senior Tax Specialist  
12462 St Charles Rock Rd  
Bridgeton, MO 63044  
314-209-0208



Cathey L. Williamson, Pres. & CEO  
209 Rue St Louis St,  
Florissant, MO 63031  
Tel: (314) 972-1990  
[clw@williamsonfinancial-mg.com](mailto:clw@williamsonfinancial-mg.com)  
[mlw@williamsonfinancial-mg.com](mailto:mlw@williamsonfinancial-mg.com)

**Horn of Plenty Enterprises**  
Mitchell Washington



HALLS FERRY CHRISTIAN CHURCH  
12100 Old Halls Ferry Rd  
Florissant, MO 63033  
<https://hallsferrycc.com>



**Bommarito**  
AUTOMOTIVE GROUP  
Kevin Hall  
Director of Corporate Partnerships  
675 Dunn Rd  
Hazelwood, MO 63042  
[khall@bommarito.net](mailto:khall@bommarito.net)  
314.276.8255



Bruce Maxwell  
Sustainer



Editor and Publisher of  
*The Family Album*



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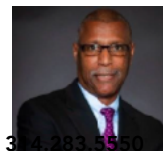
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