



Writer and Editor Tiffany Fontana

# Shining Hope

The "Shining Hope" newsletter offers valuable resources and support to families facing child abduction and parental alienation. Our publication provides uplifting and informative messages to parents dealing with the abduction of their children, fostering a strong and supportive community throughout their difficult journey. Stay informed and up-to-date with the latest news, events, and pressing issues through our comprehensive and timely newsletter.



Donate now at STL's official website! Your support brings kids HOME!

Bi-Weekly Parent Support Zoom Call: Email [contactshinethelight@gmail.com](mailto:contactshinethelight@gmail.com) for dates and the link to join.

Click [HERE](#) for the U.S. Department of State's Annual Report on International Child Abduction.

“  
Hope is the foundation for which all successful goals are built upon  
Ellen J. Barrier  
”

## A Year of Hope, Healing, and Community Impact

As we look back on 2024, we are grateful for the incredible community that continues to make Shine the Light for Abducted Children's mission a reality. This year has been a turning point in our efforts to support families affected by parental child abduction, and your unwavering support has made all the difference in the lives of those we serve!

A special thank you goes to our donors, whose generosity has made it possible for us to broaden our impact and improve our support services. Your contributions have been instrumental in funding essential programs, from emergency response efforts to reunification support and legal assistance. (Continued on page 3)



Turning Anxiety Into Action (Page 2)



Happy New Year to STL's International Community!

## Turning Anxiety Into Action: Three Simple Steps for Strength and Peace

According to the [Anxiety and Depression Association of America](#), anxiety can feel overwhelming, especially as a new year approaches with its share of challenges and uncertainties. For parents working toward reunification and recovery, managing anxiety is crucial to staying strong for what may be a long journey. The good news is that small, positive steps can make a big difference. These three simple strategies can help turn anxiety into actions that build strength and peace.

### 1. Breathing to Calm the Mind:

When anxiety strikes, the body's natural "fight or flight" response takes over, increasing heart rate and stress levels. Deep breathing can help activate the [parasympathetic nervous system](#)—the body's relaxation response—which signals the brain to promote calm. Experts recommend inhaling slowly through the nose for a count of five, holding the breath for another five, and then exhaling gently through the mouth. Repeating this for several minutes while focusing on the rhythm of the breath can create a sense of control and help restore emotional balance.

### 2. Writing Down Anxious Thoughts:

Anxious thoughts can often build up in the mind, creating a sense of being overwhelmed. Grabbing a journal and writing them down provides a simple yet powerful way to process emotions. Seeing the worries on paper can offer a new perspective, helping to sort through concerns and identify what can be addressed. A journal can also serve as a safe place to leave these thoughts, creating mental space to focus on other priorities.

### 3. Setting Small, Achievable Goals:

Setting small, realistic goals creates a sense of direction and accomplishment, offering a way to counter the uncertainty that anxiety often brings. Focusing on manageable and meaningful tasks—no matter how minor—builds confidence and lays the foundation for steady progress. Each step forward can provide momentum toward greater strength and peace in the year ahead!

*Happy  
Holidays*

As the year ends, this season becomes a time to pause and reflect. For many, it's marked by traditions rooted in faith, family, or community. Within the STL community, the diverse faiths and beliefs represented remind us of something extraordinary: the ability to find connection through shared experiences, even when our journeys are different.

Whether lighting candles, exchanging gifts, or simply coming together to share a meal, these moments hold meaning beyond the traditions themselves. They remind us of the strength found in relationships, the importance of compassion, and the common ground that holds people together.

In a world often divided by differences, recognizing these shared threads is a gift in itself—one that encourages unity and purpose.

May this time serve as a reminder of the power in community and the importance of standing together.

Happy Holidays from STL!

**200+**  
Families  
Supported

Children  
Reunited  
**185**

Volunteers  
**30+**

**3500+**  
Advocacy  
Hours

## A Year of Hope, Healing, and Community Impact

Continued from page 1

Every dollar you've donated directly brings hope and healing to parents and children facing PCA—while amplifying awareness of the urgent need for change.

### Together, We're Creating Change

This year, our dedicated team of advocates, volunteers, and professionals has worked tirelessly to:

- Provide 24/7 crisis support to families in urgent situations
- Develop new educational resources for prevention and awareness
- Strengthen partnerships with law enforcement and legal professionals
- Offer financial assistance to parents and children in critical situations, ensuring essential needs are met during challenging times

### Looking Ahead to 2025

We are energized by the impact we are making and the potential for even greater positive change in 2025! Our vision for the coming year includes:

#### Expanding Prevention Education Programs:

Broadening our efforts to educate families, schools, and communities on strategies to prevent PCA and create safer environments for children.

#### Developing Educational Resources:

Creating comprehensive print and digital materials, including books and guides, to raise awareness about PCA and parental alienation, and providing more resources for families worldwide.

#### Advancing Mental Health Research and Support:

Working with mental health professionals on understanding how PCA and parental alienation rank among the most harmful childhood experiences, studying their long-term effects on children's health and well-being, and creating better ways to help affected families heal.

#### Enhancing Technological Capabilities:

Upgrading our tools and platforms to provide faster, more efficient resources and communication channels to better assist children and parents in crisis.

#### Strengthening International Partnerships:

Expanding collaboration with global organizations and governments to resolve cross-border cases more efficiently.

### Developing New Healing and Support Programs:

Introducing trauma-focused groups and self-care resources for parents to help families recover and create a path toward long-term well-being.

### Creating More Kids Connect Events:

Facilitating online events that encourage connection, creativity, and resilience, supporting children's emotional recovery.

### Supporting Reunification Efforts:

Providing specialized resources, including counseling and tailored guidance, to help parents navigate the delicate process of reuniting and rebuilding after separation.

### Increasing Emergency Support for Families in Crisis:

Expanding our capacity to provide urgent assistance to parents and children affected by PCA, including medical care, temporary housing, basic necessities, translation of critical documents, legal advocacy, and financial support for travel expenses.

As we move into 2025, these expanded programs and strengthened partnerships will provide a more comprehensive safety net for those affected by parental child abduction and parental alienation, extending support and healing to even more communities.

**WE THANK YOU FOR A WONDERFUL 2024 AND ARE LOOKING FORWARD TO 2025!**

Happy New Year! (English)

नया साल मुबारक!  
(Naya Saal Mubarak - Hindi)

明けましておめでとう!  
(Akemashite Omedetou - Japanese)

새해 복 많이 받으세요!  
(Saehae Bok Mani Badeuseyo - Korean)

Bonne Année! (French)

С НОВЫМ ГОДОМ!  
(S Novym Godom - Russian)

¡Feliz Año Nuevo! (Spanish)

Feliz Ano Novo! (Portuguese)

Athbhliain faoi Mhaise! (Irish)

新年快乐!

(Xin Nian Kuai Le - Chinese)

Felice Anno Nuovo! (Italian)

שנה טובה!  
(Shana Tova - Hebrew)

عام سعيد!  
(Aam Saeed - Arabic)

Szczęśliwego Nowego Roku! (Polish)

## Contact Us

Hours: 24/7

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



Share your stories, ideas, or feedback with our Editor at [info@tiffanyfontana.com](mailto:info@tiffanyfontana.com). We value your input and look forward to hearing from you!