



Spring 2025

Dear Friends of Rooted Within,

Thank you for taking time to read this email!

Rooted Within is a nonprofit that is passionate about reaching Veteran women who are survivors of sexual assault and trauma from their time in the military. We provide in-person, trauma-informed Renewal and Recovery retreats to help them regain or surpass their former function to continue serving our society with their talents and training. To learn more about our work, the women we have served, and the incredible results our participants have experienced over our 12 years of serving Veterans, please see www.rootedwithin.org.

To continue our work, we need your help.

We are seeking financial support to continue offering our retreats for Veteran women survivors. While we welcome large donations and/or sponsorships for our retreats, no amount of financial support is too small! Passionate people like you who support our mission are greatly needed! To support *Rooted Within*, you can:

1. **Make a tax-deductible donation** at <https://myusna.com/topics/9176/page/donate> Be sure to use the pull-down arrow to mark your donation with choices related to the Renewal and Recovery Retreat. Or consider arranging Employer Matching with your company.
2. **Learn more** by meeting with us via videoconference, where we can share more information about *Rooted Within*. We offer a 20 minute presentation that can be tailored to your needs. Reach out to Karen Immerso at info@RootedWithin.org or 970-452-1777 to schedule a presentation.
3. **Suggest people for us to contact.** Do you know anyone who might be interested in donating to *Rooted Within* in our efforts to help women Veterans heal? Please let us know!

There are thousands of American women Veterans who are alone and suffering from the effects of trauma they endured in the military. We want to invite them into a community they can trust and provide them with options for healing and growth in order to move forward in their lives.

We invite you to share this letter widely and reach out to us for any information about our organization and our rewarding work with women Veterans.

With Appreciation,

Karen Immerso

Rooted Within Director, info@rootedwithin.org, 970-452-1777