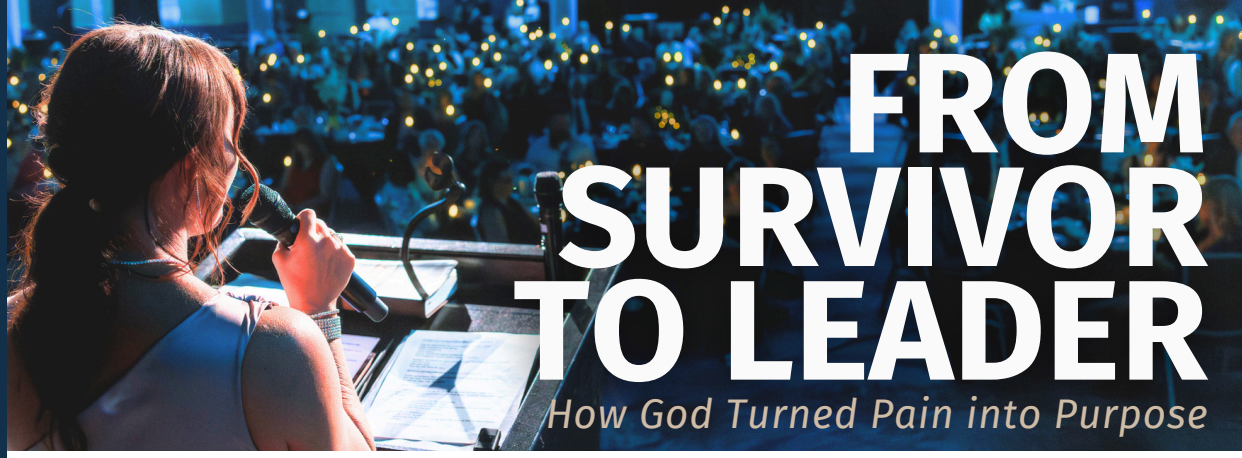
JULY 2026

HELPING CAPTIVES

QUARTERLY UPDATE



FROM SURVIVOR TO LEADER

How God Turned Pain into Purpose

When Anja Khoma first began sharing the most painful parts of her story, she wasn't sure how people would respond. Like many survivors, she feared disbelief, judgment, or dismissal. Instead, someone looked her in the eyes and spoke the three words she desperately needed to hear, and that changed the course of her life.

"I believe you."

"When she looked at me and said that, I just began to weep," Anja recalls. ***"There was something so powerful about sitting across from someone, being completely petrified to share the most vulnerable aspects of your past, and being met with those words."***

Today, Anja serves as Associate Director at Helping Captives. She oversees survivor care, day-to-day operations, trains organizations across the country, and walks alongside women as they begin their journey toward healing and freedom. But long before she became a counselor, trainer, and leader, she was a woman navigating her own journey of trauma, healing, and restoration. Her story is a powerful reminder that no life is beyond the reach of God's redemption.

Healing often begins long before a treatment plan, counseling session, or recovery program. Sometimes it begins with being heard. Anja remembers having someone willing to walk through her healing journey with her, someone who listened without judgment and gave her space to process difficult memories.

"There was something so beautiful in feeling that level of support," she says. ***"Somebody else was willing to get down into the dirty with you and take the time and say, by their actions, that I mattered enough for them to spend that time, hear those things, and help me process them."***

For survivors of sex trafficking, that kind of support can be life-changing. Trauma often leaves people feeling isolated, invisible, and unsure if anyone will understand what they have endured. Being seen, heard, and believed can become the first step toward hope.

If you ask Anja what inspired her to become a leader, she doesn't point to her degrees, credentials, or professional accomplishments. Instead, she points to God's faithfulness. ***"I would have to give all glory to God,"*** she says. ***"Without His nudging, without His calling, without His anointing, I don't know that I would have sought leadership on my own. I think His leading is definitely the reason I find myself in leadership today. Because I've given Him my 'yes' and I've surrendered my life to Him, I choose to walk out His plans for me versus my plans for me."***

Anja credits the Lord for redeeming her own story, using her leadership in the fight against human trafficking to transform some of her darkest experiences into a source of hope and healing for others.

Rather than allowing her past to define her future, God transformed her experiences into tools that now help bring hope, healing, and restoration to others. What began as a personal healing journey eventually became a calling to help others heal. ***"I think there's something powerful in taking pain and making purpose out of that,"*** she says. ***"By being a leader in an anti-trafficking organization, it's brought about more healing because it's taken those horrific experiences and given them purpose."***

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A Word From Our Founder...

First, thank you to everyone who attended, sponsored, volunteered, and gave so generously at our Annual Gala. The incredible support received will ensure women escaping trafficking will continue to receive the care, housing, and support they need. In addition, we will continue to invest more resources into the capital campaign bringing us one step closer to opening our Freedom Center.

As we prepare for the next phase, our Board of Directors is actively working through the final steps needed to begin construction on the Freedom Center. We currently have a $148,000 matching opportunity before us, and our prayer is that we will see every dollar matched over the coming months so construction can begin as quickly as possible. We are excited to continue sharing progress with you as this vision becomes a reality.

Another exciting milestone for our ministry is the continued growth of our leadership team. Anja Khoma has stepped into the role of Associate Director, where she will continue leading the day-to-day operations of Helping Captives. As both an exceptional leader and a survivor of human trafficking herself, Anja brings incredible wisdom, compassion, and firsthand experience to our mission. This transition also allows me to spend more time building strategic partnerships, meeting with donors, advancing the Freedom Center campaign, speaking throughout our community, and helping expand the reach and impact of Helping Captives.

Looking ahead, we are preparing for another exciting season of ministry. Our annual golf tournament is just around the corner, and we continue working through the details of hosting Tim Tebow at Victory Faith as we seek to raise additional support for the Freedom Center. We are grateful for every opportunity God gives us to share this mission and invite others to become part of bringing freedom to those who need it most.

Most importantly, while buildings, events, and campaigns are important, our mission has never changed. Every day, God continues to bring women across our path who need hope, safety, healing, and restoration. Because of your prayers, generosity, and faithful partnership, we are able to say "yes" when those moments come.

Thank you for believing in this mission. Thank you for standing with us. Together, we are bringing hope, restoring lives, and helping more survivors move from captivity to freedom.

With gratitude,

Caleb Altmeyer
Founder & President
Helping Captives







We invite you to experience the vision behind the Freedom Center. Visit our website to schedule a tour, view the plans, and learn how this space will serve as a hub for education, prevention, and hope. Where we equip our community to recognize and respond to human trafficking while providing outpatient services to survivors.

helpingcaptives.org/stripclub







Our Gala was a tremendous success, and we are overwhelmed with gratitude for everyone who made it possible. Thank you to our incredible volunteers, dedicated staff, generous donors, faithful sponsors, and all who attended and supported the event. Together, you helped create an unforgettable evening in the fight for freedom and restoration.

One of the most impactful parts of the evening was hearing directly from community leaders serving on the front lines of the fight against human trafficking. Medical Lake Mayor Terri Cooper courageously shared her family's heartbreaking story after a young family member was lured, groomed, and abducted. She challenged the audience to look beyond the label of ***"runaway,"*** warning that trafficking can happen in any community and expressed her hope that sharing her family's experience will bring greater awareness and reform.



During a conversation with Spokane Valley Police Chief Dave Ellis, Caleb Altmeyer recalled Helping Captives' decision to decline a $1 million grant because it required the Freedom Center to be used only for secular purposes. ***"This isn't the right fit for Helping Captives,"*** Caleb shared, ***"but we'd love to see it go to the Spokane Valley Police Department."*** Chief Dave Ellis explained that the redirected funding gave law enforcement the resources needed to aggressively investigate illicit massage businesses where trafficking victims were being exploited. Working alongside local leaders to strengthen ordinances and enforcement efforts, he shared, ***"Today we've closed approximately 90% of them within the last two years."*** What initially seemed like a difficult decision to decline the grant became a powerful reminder that God's plans are often greater than our own. By remaining faithful to Helping Captives' mission, the funding ultimately strengthened the fight against trafficking on the law enforcement front while allowing the Freedom Center to remain firmly rooted in its Christ-centered purpose—***a victory for survivors and for our entire community.***

Spokane County Sheriff John Nowels reminded guests that ***"human trafficking looks like a lot of different things,"*** from labor trafficking to online exploitation and crimes against children. He reminded guests that ***"anytime a human being can manipulate and control another human being... they will find victims,"*** underscoring the importance of recognizing the signs and intervening early. He also highlighted the impact of Operation Net Nanny, sharing that in just three days, investigators contacted more than 100 suspects and arrested more than 20 individuals in an operation targeting those seeking to exploit children, stating, ***"This is the most impactful work, police work we have done in our entire careers."*** Speaking about Helping Captives' future 24/7 stabilization center, he emphasized, ***"The primary concern is that the victim isn't victimized anymore. That's where you all step in."*** He closed with a powerful reminder of why the Freedom Center matters: ***"If this center is the one thing that gives them hope, then that's what we have to have."***



Helping Captives Coffee is a simple, powerful way to turn your daily routine into real impact. Every purchase helps support women finding freedom from trafficking, providing the safe place, care, and hope they need to heal.

Choose from our featured blends: Freedom, Justice, and Rescue as well as seasonal favorites. Know that every cup is part of someone's journey to healing. You can purchase online at **www.hccoffeeco.com**, or at the Helping Captives Thrift Store.

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Anja Khoma, M.A., LMHC, Certified EMDR Therapist, TBRI Practitioner

Anja holds a master's degree in professional counseling and numerous trauma-related certifications. Yet she believes some of her most valuable qualifications cannot be found on a resume. ***"There's an element that lived experience brings that no degree can teach you."***

She explains that while education provides important knowledge about trauma, lived experience creates a deeper understanding. ***"I can read about trauma. I can read about emotional flashbacks and body memory. I can read about the effects trauma has on the brain. But to live that, to feel that, to experience that—and then to see the hand of God deliver you from those things—is different."*** That perspective shapes how she leads and how she cares for survivors. ***"It is vital to have survivor voices in leadership because they bring a perspective that comes from lived experience, not just education. When you have worked through trauma personally, you can offer something to someone that is much more than just knowledge, but experience. When I sit with someone, I ask myself, 'What did I need in that moment? What would have been helpful? What do I know now that I wish someone had taught me then?'"***

When asked what she wishes every woman entering Helping Captives could know from the moment she walks through the door, Anja's answer comes immediately.

"That they are loved and they are safe."

She pauses before explaining why those words matter so deeply. ***"Feeling safe takes time. Feeling love takes time. Those things have been so violated in their lives, that feeling safety and understanding what real, true love, Christ-like love feels like is so difficult. They have no concept of that."*** At Helping Captives, creating an environment where survivors can experience genuine safety and unconditional love is foundational to everything the organization does. Before trust can be rebuilt, survivors need to know they are safe. Transformation begins when survivors experience something many have never known before: **consistent safety and authentic care.**

Anja continues, ***"There is nothing that Jesus cannot restore and redeem. You don't experience the healing restoration that I have and that I've seen in the lives of others without Jesus. He is the hope for our future. He ultimately is the answer. Without Him, restoration, redemption, healing... it's not possible, not in its fullness. We can manage symptoms, we can manage trauma, we can ease it, but to fully be redeemed, restored, healed, renewed, only Jesus can do that. And He is the hope that all things are possible through Him. He can turn anything that has happened and make it for good. Absolutely anything."***

Practical care is offered to every woman—safe housing, counseling, life skills, and trauma-informed support—regardless of where she is in her spiritual journey. ***"For those who choose not to have a relationship with Him, we still do the practical,"*** Anja explains. ***"We create space for that."*** Yet she remains convinced that while people can provide care and support, ***"He's the one that brings the hope."***

One misconception Anja is particularly passionate about confronting is the belief that survivors are permanently broken. ***"People think they'll forever be traumatized, forever broken, too damaged to recover."*** She rejects that narrative completely. ***"They are the strongest people I've ever met."*** Every day she witnesses extraordinary courage from women who have endured unimaginable circumstances. ***"The bravery it took to leave. The bravery it took to escape. The bravery it took to walk through our doors. These women are incredibly strong."*** Anja believes one of the greatest injustices survivors face is being defined by what happened to them rather than by what is possible for them. With the right support, trauma-informed care, and a community willing to walk beside them, ***"healing is possible."***

Many people imagine success as dramatic milestones or major life changes. While those moments matter, Anja says healing often begins with much smaller victories. ***"Success looks like sleeping. It looks like peace. It looks like being able to shower, get up every day, find purpose in the day-to-day, find motivation to keep going, and find hope."*** She continues, ***"When you see a survivor come into the house and within weeks they are a completely new person, they look different. They are smiling. They are full of joy. Their eyes are bright. They're sleeping better. The pain in their body is diminishing, and joy has returned to them."*** For Anja, witnessing those transformations never gets old. She pauses, then says boldly with a smile,

"Watching lives be redeemed is 100% the most rewarding part."

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Anja understands why so many women are afraid to ask for help. ***"Most of the people who have offered help have had an agenda,"*** she says. That's why she encourages women to reach out to trusted organizations like Helping Captives or Rescue America. ***"When you're asking for help from the right people, it's worth the risk. We will follow through, and we will help you."***

When asked what she would say to her younger self, her answer is simple but powerful: ***"It won't last forever. It will end, and God is going to provide a way out."*** Today, that same message of hope is one she shares with every woman who feels trapped—that freedom is possible, and, ***"no one has to walk this alone."***

When Anja talks about the future of Helping Captives, her vision is bold. ***"I believe we will have one of the nation's top anti-trafficking organizations."*** She believes the model being developed in Spokane is unique because of the results being seen in survivors' lives. ***"What we are building here, others will replicate because they see the results. Organizations across the country are already asking us questions about what we're doing because they see something different."***

When asked what she hopes people remember most from her story, Anja doesn't hesitate. ***"The power of Jesus. The power for Him to redeem. The power of Him to heal. The power of Him to restore."*** Her life stands as evidence that trauma does not have the final word. ***"There is nothing that someone can experience, there is nothing that is so dark that Jesus cannot redeem and overcome if we will stay the course and allow Him to do the work in us."*** For Anja, that isn't just a message she shares with survivors, it's the story of her own life. And every day at Helping Captives, she has the privilege of watching God write that same story of redemption in the lives of women seeking freedom, healing, and hope.

None of this work happens alone. Every counseling session, every safe bed, every meal, every moment of advocacy, and every opportunity for healing exists because faithful supporters choose to stand alongside survivors. When asked what she wants donors to understand about their impact, emotion fills her voice. ***"You're changing lives. The money that they donate to Helping Captives is good seed. This is fertile soil."*** For Anja, generosity is far more than financial support. It is partnership in the work of freedom and restoration. ***"So many people say, 'I don't know what to do. I don't know how to make a difference.' By being a donor and supporter of Helping Captives, you are doing exactly that."*** Then she adds: ***"When you're partnering with us, you're partnering with God to set the captives free."***

Learn more about Anja's journey by scanning the QR code or visiting our YouTube: www.youtube.com/@helpingcaptives

As you read Anja's story, we hope you're reminded that healing happens when someone chooses to walk alongside a survivor with compassion, clinical expertise, and the hope found in Christ. That's what Helping Captives does every day, and this vital work is only possible because faithful partners choose to stand with us. By making a one-time gift or becoming a monthly partner, you can help provide the consistent care, counseling, and support women need as they rebuild their lives. ***Thank you for making this life-changing work possible.***

MY GIFT TO HELPING CAPTIVES

☐ I would like to give a **MONTHLY GIFT** of $ _____

☐ I would like to give a **ONE TIME GIFT** of $ _____

CREDIT CARD GIFTS:
Visit **HELPINGCAPTIVES.ORG** or call **(509) 922-0939**. Your donation is tax-deductible.

Name _____

Address _____ **City, State, Zip** _____

Email _____ **Phone** _____

☐ *I would like to receive email updates from Helping Captives*

Donate Online:

Please complete and mail with your gift to Helping Captives, P.O. Box 14257, Spokane Valley, WA 99214

WE ARE HIRING!

Resident Assistant (Part-Time)

We are seeking compassionate, faith-driven Resident Assistants to serve in our emergency stabilization home for women coming out of trafficking, addiction, and trauma. This role is vital in creating a safe, structured, and loving environment where healing can begin. The ideal candidate is strong in their Christian faith, emotionally mature, and able to balance firm boundaries with genuine compassion. Responsibilities include supporting residents with daily life skills, maintaining a peaceful home environment, and working closely with our team to care for each woman with dignity and respect.

If you feel called to be part of someone's journey from survival to freedom, apply today and help us continue showing up for the women who need it most. If this opportunity isn't for you but comes to mind for someone you know, we encourage you to share it and help connect the right person to this life-changing work.

Visit our website to submit your resume and cover letter: **www.helpingcaptives.org/employment**

More Than A Job

A Calling







When people ask why someone chooses to work at Helping Captives, the answers are remarkably consistent. While each staff member arrived by a different path, they all share one conviction: **this work is about bringing hope where hope has been lost.**

For Program Director Ev, who is herself a survivor, that calling is deeply personal. ***"What the enemy meant for evil, God has turned for good. I get to comfort others with the comfort I received and tell every woman we meet that freedom and healing are possible."*** Her words reflect a truth lived out every day at Helping Captives—that no story is beyond redemption and no life is beyond hope.

The greatest motivation for many on our team isn't found in major milestones but in the quiet moments of transformation that happen every day. Heather shares, ***"The women we serve keep me motivated. Even on difficult days, seeing their courage, resilience, and willingness to keep moving forward reminds me why this work matters. Watching someone take even one small step toward healing is incredibly rewarding."*** She adds that even when a woman isn't ready to stay, ***"my heart doesn't judge them. I am confident they've experienced something very special here at the safe house that they will always remember."***

Leah captures the heart of Helping Captives: ***"Helping Captives doesn't operate from a safe distance. It steps directly into the middle of brokenness with people who are willing to stay present in the hard places and do the slow, unglamorous work of restoration."*** That quiet, faithful work is made possible because of a team committed to serving—and because of supporters who make that ministry possible every day.

Behind every restored life is a team of people who have answered a calling to serve with compassion, patience, and unwavering hope. Day after day, they choose to walk alongside women in their darkest moments, believing that healing is possible and that every person is created with immeasurable worth. Together with faithful volunteers, community partners, and supporters, they are helping write stories of new beginnings—**one life at a time.**

MY GIFT TO

HELPING CAPTIVES

THRIFT STORE

SHOP. DONATE. HELP CAPTIVES.

Location: 14415 E. Sprague Ave.
Spokane Valley, WA 99216

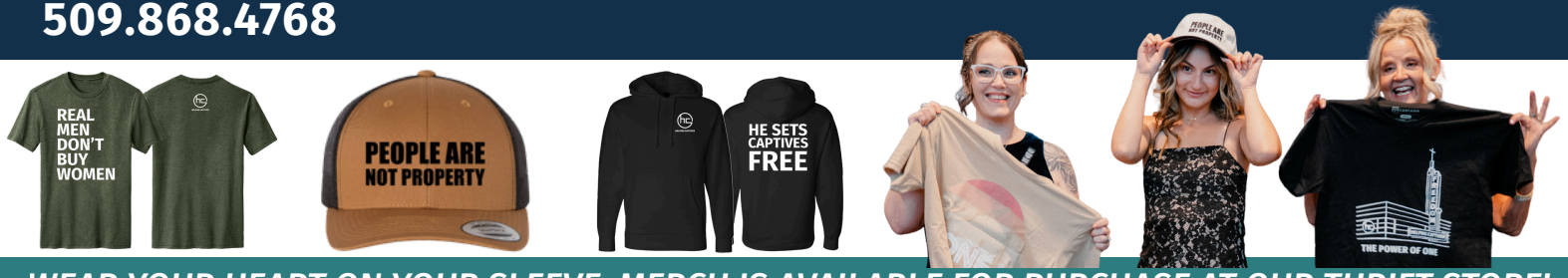
If you have questions about our donation guidelines or to schedule a private shopping event give us a call:

509.868.4768

Our Helping Captives Thrift Store helps support women survivors of trafficking, with 100% of proceeds going directly to survivor care and recovery programs. You can support the mission by donating or shopping.

Donation hours are Monday–Saturday from 10:00 AM to 5:00 PM, and the store is open for shopping from 10:00 AM to 6:00 PM.

Because of the high cost of disposing unsellable items, please donate only clean items in good repair. We are unable to clean or repair items. Thank you for your generosity and understanding.



WEAR YOUR HEART ON YOUR SLEEVE. MERCH IS AVAILABLE FOR PURCHASE AT OUR THRIFT STORE!

GET HELP NOW

If you have experienced sex trafficking, you do not have to face the journey alone. Helping Captives' Emergency Stabilization Program is a 30–90 day residential program designed to provide safety, stability, and compassionate care while you begin to heal. Our team offers 24-hour support, safe housing, trauma-informed therapy, individualized case management, meals, and medical, emotional, and spiritual care in a welcoming environment where you will be treated with dignity and respect. We welcome all adult women, regardless of age, race, color, creed, or religion. Whether you've just left an exploitative situation or are ready to take the next step toward healing, help is available. You can apply for safe housing through our website, and our team is here to walk alongside you every step of the way.

If you are a person who has experienced human trafficking, we want you to know that help is available for you. While our residential program serves adult women, we partner with a trusted network of anti-trafficking organizations across the country and can connect you with resources and programs equipped to meet your needs. No matter where you are in your journey, we will do our best to help you find the support, safety, and care you deserve.



CONTACT US TODAY

If you, or someone you know needs help, contact Helping Captives Anti-Trafficking Services M-F 8 am to 5 pm **(509) 565-0698, survivorservices@helpingcaptives.org**
Apply for Safe Housing on our website: **www.helpingcaptives.org/help**

For Immediate Assistance call the Rescue America 24/7 Hotline: **833.599.FREE (3733)**
To Report Trafficking or Suspected Trafficking contact the National Human Trafficking Hotline 24-7: **(888) 373-7888 or text "help" to 233-733**

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(509) 922-0939

Helping Captives is a 501(c)(3) Non-Profit, EIN: 46-3709621

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