



gems of the heart

Why?

Manna Scholarship Fund believes...

As mothers and daughters engage in conversation regarding body image and the causes of eating disorders, open communication between mothers and daughters is created, and the chance of the daughter developing an eating disorder decreases.

“Gems of the Heart” was developed by Manna Scholarship Fund as an ongoing event, and is held at multiple times throughout the year. Please contact us by phone at (770)-495-9775, Ext. 107 or by e-mail at info@mannafund.org to set up a jewelry party in your home, church, or school.



965 Oakland Rd, Suite 3D-E
Lawrenceville, GA 30044
770-495-9775
www.mannafund.org

gems
of the
heart

Jewelry Making
Parties



What is it?

Gems of the Heart is a jewelry making program purposed in bringing together mothers and daughters in order to facilitate healthy communication regarding eating disorders and body image. Gems of the Heart was created by and is run through Manna Scholarship Fund, a non-profit organization purposed in filling the funding gap for individuals needing inpatient eating disorder treatment.



Approximately 90% of all individuals with an eating disorder are females between the ages of 12 and 25

Research shows that increased awareness of eating disorders in the family reduces the likelihood that an eating disorder will surface

What do you do?

The parties consist of around 24 mothers and daughters and are held either in a home, church or school. Mothers and daughters will be provided with jewelry items to make 2 pieces of jewelry (bracelet, necklace, or earrings). Each individual will purchase one of the items, and the other will be donated to MSF for fundraising. Gems of the Heart jewelry making parties were created for the purpose of bringing together mothers and daughters in order to foster healthy communication, improve self-esteem, and prevent eating disorders from occurring.



A study involving adolescent girls showed that girls view thinness as a significant contributor to peer status and perceive thinness as an important factor in attractiveness to boys (Eating Disorders Review, 2005).