



Media Contact:

Bolt Public Relations

(949) 726 - 2893

meatheadmovers@boltpr.com

MEATHEAD MOVERS TEAM UP WITH GOOD SHEPHERD SHELTER SHELTER TO END DOMESTIC VIOLENCE

Student athlete-led moving company donates services to help victims of domestic violence flee abusive situations

LOS ANGELES, Calif. – September 4, 2015 – [Meathead Movers](#), the student athlete moving company committed to a superior employee and client-centric moving experience, is joining forces with leading domestic violence prevention nonprofit [Good Shepherd Shelter](#), to move victims of domestic violence out of abusive situations. Meathead Movers and Good Shepherd Shelter are dedicated to the safety of the victims and are able to immediately take action for women in need.

“We know how hard it is to pack up someone’s life and move it to a new location – but it’s unimaginable to think about a woman and her children trying to pack up all their belongings and flee before the abuser returns home,” said Aaron Steed, president and CEO of Meathead Movers. “When we realized we had the resources to help provide a fresh start for these victims, we knew Good Shepherd Shelter was the perfect organization to connect us with those who need our services most.”

Each month, Meathead Movers will donate no-cost services to Good Shepherd Shelter to divide among victims in need of moving assistance. The Sisters of the Good Shepherd Shelter have a history of more than 370 years of dedication to women and girls who have been abused or exploited in their life situations. They are currently serving in 72 countries in a variety of ministries aimed at healing individuals, reconciling families and offering them the tools needed to become healthy and productive members of society.

"The service Meathead Movers provides helps our clients – who become instant single moms – save a lot of money and provide a safer way to relocate," said Mandy Gibson, executive director of Good Shepherd Shelter. "It also helps that the young men are trained to be sensitive to the needs of the family and set a good example for the children as well."

Meathead Movers has proudly gifted these services since 2001, making it part of the company mission statement. Not only do these services help the community, but they directly impact Meathead employees – consisting of predominately young men who believe that real men don’t hit women, real men help those in need. Meathead Movers hopes to encourage similar service providers to reach out to local shelters and offer resources that greatly assist women in abusive situations– including lightly used furniture stores, storage facilities, financial literacy coaches, and more.

In addition to Good Shepherd Shelter, Meathead Movers aids seven local women’s shelters across each of

its operating service areas. If you or someone you know is currently a victim of domestic violence, visit <http://www.goodshepherdshelter.org/our-services>.

About Meathead Movers

Since 1997, Meathead Movers has taken the simple philosophy of superior customer service and parlayed it into a thriving and growing company that has changed the way people perceive the household moving and storage industry. Founders and brothers, Aaron and Evan Steed, manage a team of energetic student athletes who deliver a unique customer service experience with a relentless strive to make things happen. Meathead Movers currently handles more than 10,000 local moves per year and employs more than 350 people, making it the largest independent moving company in the state. For more information about Meathead Movers, visit: www.meatheadmovers.com.

About Good Shepherd Shelter

Good Shepherd Shelter's mission is to stop the generational cycle of domestic violence by providing individualized, comprehensive services and shelter to battered women and their children and by raising the level of community awareness through advocacy and education. For more information about Good Shepherd Shelter, please go to www.goodshepherdshelter.org.

###