



*A program for survivors of human trafficking*

Consider the following to determine if you are ready for this program:

- Survivor of Human trafficking/commercial sexual exploitation
- Basic needs – such as food, clothing, shelter, and immediate physical safety should be met before we can effectively work on higher level needs, such as self-confidence, empowerment and self-realization
- Engagement in mental health and/or addiction recovery if applicable
- Ability and willingness to work in a group setting and understand that your actions can affect other members
- A willingness to keep the identities and shared experiences of other members confidential, “what is shared here, stays here”.
- A willingness to be open-minded, kind, non-judgmental and to respect other people's experiences.
- A certain degree of awareness of personal stressors, resilience strategies, areas of strength and areas still requiring attention. Path Found has the potential to further develop each person's ability to be more self-aware.
- Willing to engage with staff in creating a safety plan If needed.