



Classroom Instruction

Phase One – Life Skills Foundations- Curriulums (weekly classes for 6 months)

- **Interpersonal & Relational Life Skills:** Learning new skills in understanding yourself, dealing with people and pressure.
- **Addiction Education:** Understanding substance abuse and how to prevent addiction relapse.
- **Codependent Relationships:** Understanding unhealthy relationships and how they add to your vulnerabilities.
- **Employment Readiness:** Discovering your strengths and abilities and learning their value in the work world.
- **Spiritual Awakenings:** Discussions on spiritual realities from a Christian perspective.
- **Nutrition and Physical Fitness:** Learning self-care through healthy eating and exercise techniques.
- **Case Management:** Finding community assistance and services, and managing your program progress.
- **Trauma Counseling:** Individual trauma counseling with a trained professional, 1 hour each week.
- **Therapy Support Groups:** Group instructions and discussions with clinical therapists.
- **Peer Mentoring:** Guided group discussions with sex trafficking survivors.
- **Art and Equine Therapy:** Art projects and horse riding and therapy, 2 hour sessions alternating each week.
- **12 Step Recovery Meetings:** Learning to find help among fellow strugglers. 1 – 2 sessions each week.