



LEADER



SURVIVOR



VICTIM

Path Found is comprehensive, trauma-informed, survivor-led program that provides survivors of sex trafficking with learning paths to develop skills, knowledge and confidence that will enable them to effectively use their lived- experience. Often times, survivors are isolated due to stigma, safety concerns, poverty, addictions and mental health issues. Attending this program provides participants with the opportunity to become meaningfully engaged in their communities as subject matter experts, educators and peer mentors, thereby reducing their isolation.

This program recognizes individuals as holistic beings and that people need different supports at different stages of healing and personal growth. Attendees of this program are known as ‘members’ rather than participants or clients to help create a sense of belonging. Our role is to support, coach, mentor and build on each individual’s unique strengths, skills and resilience. As a collective of survivors, we focus on member’s values with programming designed to empower.

Our members have undoubtedly experienced unimaginable trauma. Path Found’s pursuit includes assisting members in viewing themselves and their futures as full of promise and potential. It is incumbent upon us to not set limits upon them or their leadership abilities but rather to provide the safety, support and opportunities to help them realize their inherent strength and value.

Over the course of 3 years, 30 members in the Champlain, Sudbury, Quinte, Kingston, and Rideau catchment areas will journey to connectedness through survivor leadership by completing 4 training weeks and a two-day conference. Our training locations are situated in Ottawa and Sudbury. We will pay for members’ travel expenses to these training locations. Members will also receive an honorarium after each training week. On-going support and mentorship will be available for members throughout the training.

PROGRAM TIMELINES					
Cohort 1	Ottawa	Cohort 2	Sudbury	Cohort 3	Ottawa
LEVEL ONE					
Week 1: October 2018		Week 1: April 2019		Week 1: January 2020	
Week 2: January 2019		Week 2: June 2019		Week 2: April 2020	
LEVEL TWO					
Week 1: September 2019		Week 1: October 2019		Week 1: April 2020	
Week 2: May/June 2020 – to be held in Ottawa					
CONFERENCE					
October/November 2020 in Ottawa					

Overview of program weeks

Level One Workshops				
Peer Support Training	Inspirational Circle	Computer Skills	Financial Literacy	Yoga and Reflection
Wellness Planning	Goal Setting	Career Exploration	Resume Building	First Impressions
Art Therapy	Self Defence	Healthy Relationships	Empowerment and Communication	Interview Participation
Therapeutic Writing	Putting Emotions to Work	Safe Talk Training	Volunteerism: Pathways to Possibilities	Delivering Training: Human Trafficking 101

OBJECTIVES

Reduced isolation and sense of belonging as part of a cohort of peers
 Recognition of worth through self-investment and peer-support
 Personal empowerment through the development of a wellness action plan
 Knowledge and tools to assist in community connectedness and social activities
 Increased confidence in seeking employment and pursuing goals
 Increased proficiency with money, budgeting and financial goals
 Knowledge & skills to assist in creating interpersonal boundaries, identifying values and strengths
 Increased efficacy with assertive communication and goal setting

Level Two Workshops				
First Aid and CPR	Wellness Planning	Life After Trauma	Delivering Training	Yoga and Reflection
Telling Your Story	Mindfulness	Career Development	Getting Organized	Inspirational Circle
Facilitation Skills	Advocacy	Trauma Stewardship	Effective Helping	Self defence
Presentation Skills	Becoming Informed	Peer Support	Community Engagement	Art Therapy

OBJECTIVES

In addition to level one objectives
 Confidence in owning and telling of members' lived experiences in a safe and empowering way
 Increased awareness and efficacy with interpersonal skills
 Increased organizational skills
 Evaluation as to readiness and ability to plan and work towards desired accreditations and/or education
 Increased knowledge and confidence with self and peer advocacy

FAQ'S Continued

I have children. How can I attend?

We will work with you to find and pay for suitable child care.

I am a bit confused - do I have to be in a classroom for 3 years?

No. The 'in person' training weeks are spread out from October 2018 to the conference in 2020 for a total of 4 weeks. Training weeks are Monday to Friday during the day.

What is a 'cohort'

A 'cohort' is a group of people who attend training together. We hope that the group of people you attend training with will become another great support network - and possibly even friends!

What kinds of things do we do between training weeks?

When a training week has ended, you will go back to your routines with new skills, knowledge and support. We will provide a number of tools and ways for you to stay connected with both your cohort and your mentors. There will be some 'homework' but nothing that will be too labour intensive. We want you to have the opportunity to apply what you have learned into your daily life.

What do you provide?

Throughout the week we will provide snacks and lunch and all supplies needed for the program.

For those who do not have one, we will provide you with a laptop for use in the program. There will be ongoing mentorship and support from our staff.

Do people need to know I am attending? What if I don't want people knowing I was trafficked?

This is your story, your journey, your personal choice and we will respect that. You can work 'behind the scenes' to support the conference.

Why is it important for me to be in the "Action" Stage? What does this stage look like?

Those who are in this stage are more likely to get the most out of this project. Being in "action" means being involved in taking steps to change certain behaviours and making plans to maintain certain changes. Stages of change are included in the application for your review.

Do I need to attend the entire program?

We are asking for a commitment to the program - so yes. Each level of training builds on the previous one.

Contact Info

For more information or to speak with someone about the program please contact;
(Ottawa) Christine@voicefound.ca or call 613.763.5332 ext 4 toll free: 1.866.239.0558 ext 4
(Sudbury) Nicole at nstjean@sudburyandareavictimservices.ca or 705-522-6970 ext. 201



Leadership Conference

Throughout our time together, members participate in the development of a 2 day conference to be held in the fall of 2020. This conference will provide members with opportunities to deliver education, share best practices and be seen as leaders in the community.

Level Three – SURVIVOR LEADERSHIP CONFERENCE

2 DAY CONFERENCE IN OTTAWA WITH ALL PATH FOUND MEMBERS

A conference for Social Service Agencies, Community Members and Corporations to learn, network and connect.

Provide members with opportunities to deliver education, raise awareness and provide solutions to the issue of commercial sexual exploitation and domestic trafficking.

OBJECTIVES

Reduce stigma and stereotype of ‘victim’

Present members as leaders with valuable lived experience and knowledge

Share outcomes of Path Found Project and encourage replication in other communities

Highlight accomplishments of Path Found members

Opportunity for members to utilize skills and to be seen as a leading experts in the community

CELEBRATE ACCOMPLISHMENTS OF MEMBERS!

FAQ'S

Who can apply to become a member?

Anyone who has been trafficked for the purpose of sexual exploitation, resides in one of the catchment areas and meets the requirements set out in our application form.

What if I live outside of the area where the workshops are being conducted?

Accommodations, travel and meals will be paid for those who are attending from out of town.

I work. How can I attend?

For those who have full time employment, we encourage you to consider taking the week as vacation time or asking for a leave of absence. Programming outside of the workshops is not labour intensive and can be done on your own time.

In addition, we are providing each member with a total of \$1,000.00 honorarium.

Application Process

Self and Client Referral Process

1. Complete application form (available online)
2. Email completed form to christine@voicefound.ca (Ottawa) or nstjean@sudburyandareavictimservices.ca (Sudbury) unless using online version, in which case responses are automatically received by us.
3. Form will be reviewed and you (or your client) will be contacted for an interview
4. Phone or in person interview with Path Found team
5. Decision made and communicated

Upon acceptance to the program, applicants will be registered and become a member of Path Found. Detailed information will be then be forwarded to help in preparation for this adventure!

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