

Worth It sessions are a series of lessons and activities that have been selected based on survivor feedback. These classes are held over the course of 4-5 weeks at a host site.

Worth It participants hear from various guest speakers and connect with local area service providers to better understand what resources are available in the communities where they live. Worth It's success is built around the knowledge that by identifying and addressing past traumas, survivors will have a greater chance for long-term healing and the tools necessary to break the cycle of exploitation.

WEEKLY STRUCTURE

- First week intensive (Monday through Friday from 9am to 2pm)
- Following weeks consist of meeting 2 days per week
- At the end of the 4-5 weeks, participants are awarded a *Worth It Certificate of Completion* and are celebrated with a graduation ceremony

SAMPLE DAILY SCHEDULE

- Casual continental breakfast as participants arrive
- Morning lessons and discussions
- Break for lunch
- Afternoon lessons and discussions
- Wind-down (decompression) activity like an art project, meditation or craft
- Wrap-up for the day

CLASS TOPICS

- Relapse Prevention
- Domestic Violence
- Grief & Loss
- Trauma 101
- Trauma and the Brain
- Life Coaching Exercises
- Healthy Dating
- General Health
- Women's Health
- Meet Law Enforcement
- Sexual Health Issues
- FBI Case Study
- FBI Protocols
- Addiction & Recovery
- Dress for Success
- Nutrition
- Banking 101
- Suicide Prevention
- Rest and Self Care
- Survivor Stories
- Mental Health

