



women's support network
of york region
Réseau de soutien pour les femmes
de la région de York

SAFE PASSAGES

Healing Retreat

A one-week retreat for survivors of human trafficking for the purpose of sexual exploitation. Safe Passages is a holistic model of support, grounded on Indigenous healing approaches, women-centred principles of counselling and trauma-informed practices.

Retreat:

November 12 - 17 2023

Participants will:

- Learn how to take care of their spiritual, mental, emotional and physical wellbeing to ensure safety throughout the retreat and their long-term healing journey
- Identify individual wants, values, and needs in relationships and explore what makes relationships healthy vs. unhealthy
- Creatively reflect on their personal bundle of strength and resilience to identify positive coping skills for dealing with difficult emotions & more

Activities include:

- Land-based healing
- Art therapy
- Body/Breath work
- Re-Storying Visualization
- Medicine Pouches and Bundles
- Individual Support
- and more!

You are eligible if:

- You are 18 years of age or older
- Have lived experience of sex trafficking
- Are able to commit to attending the 1 week retreat, 4 pre-retreat groups, and 2 post-retreat groups

How can I attend?

- Registration & intake required
- Self & community agency referrals accepted

Do you need support to attend?

Please mention any support needs you may have when registering (childcare, language or ASL interpretation, transportation, hygiene items, outdoor clothing etc.)

Pre- & Post-Retreat Groups:

Date & Time TBA



For more information contact 905 895 3646 or
info@womenssupportnetwork.ca

