



## Costs & Requirements:

### Free!!!

Due to a wonderful grant, donations and generous hearts of companies, organizations and people, we are honored to be able to offer this to survivors for NO COST!

We are also hoping to offer scholarships to assist with travel costs. Please inquire if you are in need.

Limited space is available.

Only open to women **NOT** currently in programming or recovery. This is the "next step".

## A Sample of the Retreat Activities Offered:

### Body:

\*Massage, Pedicures, Hair cuts, Make-up lessons, How to Dress appropriately for speaking engagements/interviews, Medical Exams, Self Defense and more...

### Mind:

\*How to tell your Story/Public Speaking, Writing your Story, Being Interviewed, Applying for College, Career Assessment, etc.

### Soul:

\*Yoga, Art Therapy, Music, Strong Women of the Bible, Journaling, etc.



PO Box 645  
Worthington OH 43085

## New Beginnings-

## Human Trafficking Survivor Retreat

Mind, Body and Spirit...  
From Survivor to Thriver!



Jan. 1<sup>st</sup> -3<sup>rd</sup> 2016

**Location:**

St Therese's Retreat  
Center

5277 E. Broad St.  
Columbus Ohio

Check in: 4pm Friday

Check out: 12pm Sunday

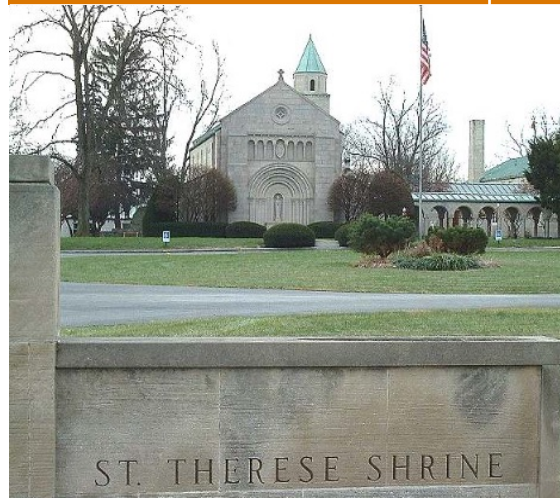
**Includes :**

\*Single, private room

\*Transportation from  
airport

\*All meals and snacks

\*All retreat materials



*"The goal of the retreat is to teach survivors that they are worthy of being loved and can be whole again. It's my dream to make the path easier for others."*

Theresa Flores- Founder of Traffickfree/S.O.A.P. , Author & Survivor

This unique, one of a kind Retreat will allow survivors of human trafficking to heal each critical part of their being: Mind, Body & Spirit. Participants will be pampered yet also be asked to step out of their comfort zone and grow. Over the course of the weekend, we will be peeling back the layers of the onion, cry a little, and have many sweet moments.

The Retreat will begin at 5pm on 1/1/16 with a reception and foot washing ceremony. The weekend will include group activities, ice breakers, trauma counseling, one-on-one time, reflection and of course terrific food and fellowship. It will conclude on Sunday at noon with a

farewell brunch.

The Retreat is non-denominational and will honor each women's own spiritual path. We will offer many different aspects that will help to heal a survivor's soul.

Professionals from many areas will be donating their time to provide services, classes and activities.

**TO APPLY:**

\*Must be over 18 yrs. old and a survivor of human trafficking.

\*Complete Application and a referral or reference letter.

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