

# Donate

When a woman makes the choice to exit exploitation and rebuild her life, she is embarking on a lifelong journey of healing and recovery. Your generous donations provide NSM with resources to help meet the needs of these courageous women throughout their journey. NSM provides services without cost being a barrier when a woman wants to exit sexual exploitation. With your generosity, we are able to meet her where she is at with practical supports such as food, clothing, and, if needed, to get her safely out of the city.

Your gift also provides opportunity for women to access trauma-informed counselling when they need it most.

## How to Donate:

Go to [www.nextstepministries.ca/donate](http://www.nextstepministries.ca/donate) to make a one-time gift or become a monthly supporter.

Whether you are giving your time, prayers, or financial resources, you are helping empower the women NSM walks alongside to make choices for their own future, which is filled with hope.

**THANK YOU FOR  
YOUR SUPPORT!**

# About Us

Next Step Ministries began with a vision to walk alongside women exiting sexual exploitation. We started programming for women to take their next step in 2010. We now have five integrated programs providing wrap-around support to women impacted by sexual exploitation. NSM empowers women to move towards a life of hope and healing, surrounded by a caring community.

## VISION

Women exiting sexual exploitation and discovering their identity.

## MISSION

To walk alongside women exiting sexual exploitation as they break the cycles of addiction and abuse.

## GOAL

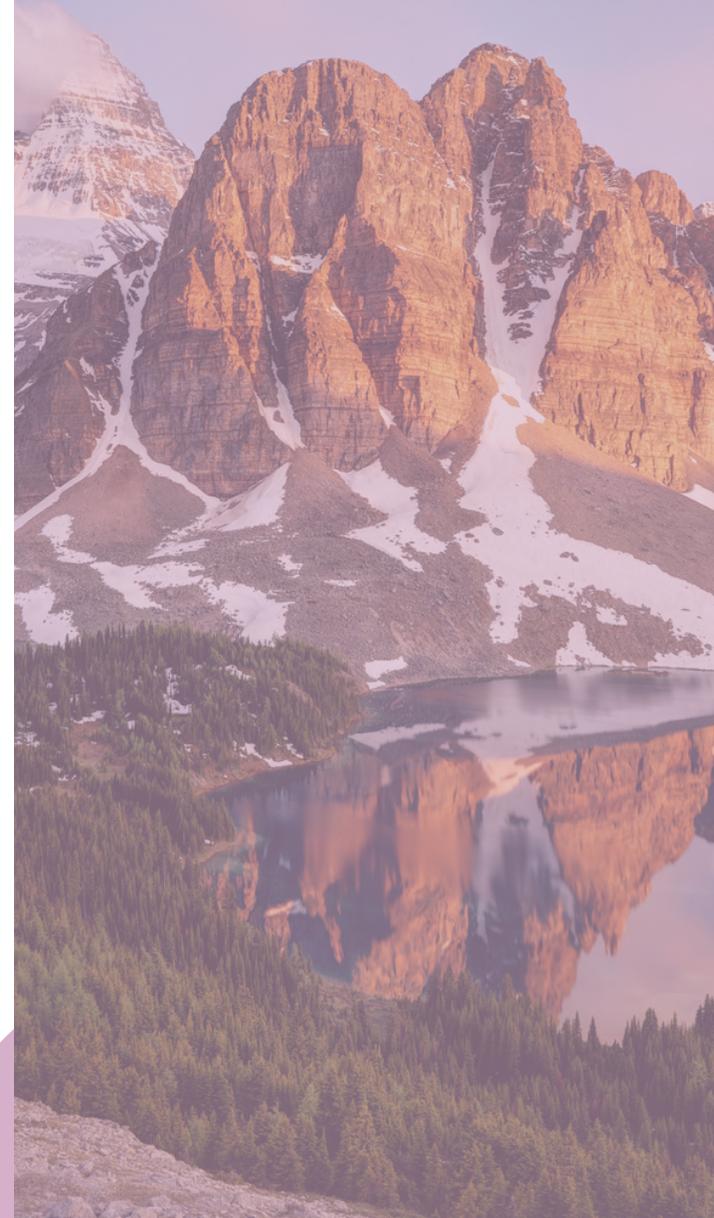
To have a safe place for every woman who wants to exit sexual exploitation.

# Contact Us

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Walking alongside women impacted by  
sexual exploitation



# What is Human Trafficking?

When people hear the words human trafficking, they often think of overseas or developing nations. Trafficking happens right here in Canada, in Alberta, in Calgary.

According to the government of Canada, human trafficking involves the recruitment, transportation, harbouring, and/or control of persons' movement for exploitation. The three major categories for human trafficking are sex trafficking, labour trafficking, and trafficking for organ removal.

## Human Trafficking Facts

- Trafficking for sexual exploitation represents the majority of all detected trafficking cases and generates two-thirds of the global profits from trafficking (OSCE, 2020)
- 86% of victims/survivors are Canadian; only 14% of victims/survivors were foreign nationals (CCEHT, 2021)
- In Canada, 90% of sex trafficking survivors are women and girls (CCEHT, 2021)

Every day, women worthy of love and dignity are trapped in sexual exploitation with no one to trust or a safe place to find refuge. We are on a mission to change that.

# Our Programs

## OUTREACH

The NSM Outreach Program meets women where they are at. We use a harm-reduction and trauma-informed approach to collaborate with women to find their next steps. We have created key partnerships with like-minded agencies to offer women access to the resources of their choice to support their unique goals.

## HOUSING

The NSM Housing Program provides second-stage long-term transitional housing for women exiting sexual exploitation. We have 2 Sparrow Houses located in confidential locations where women can live in community with the support of a live-in volunteer. Each woman is given a furnished room with a key, so they have a safe place to call their own while attending our Day Program.

## DAY PROGRAM

The NSM Day Program is where women can work on lifestyle recovery. We teach emotional and life skills and work together on their individual healing journey. We facilitate all of our curriculum and classes through a trauma-informed lens. We understand the connection between a traumatic lifestyle, toxic stress, and the impact on the brain. Our program is designed to balance the left and right brain and help rewire the brain into healthy patterns and behaviours.

## FOLLOW CARE

The NSM Follow Care program supports the women once they have left the residential housing and day program. We help the women get permanent independent housing, find a job, or follow their educational goals. We also want to keep a long-term relationship with them and continue to offer them counselling by a trauma-informed therapist.

## SOCIAL ENTERPRISE

NSM offers survivors a Business 101 unit, which includes a personal strengths analysis, resume building, interview skills, and a simple breakdown of service vs. product employment. After this unit, we invite survivors to hands-on training in screen printing, candle making, and coffee production. Once training is complete, survivors may be offered employment as production workers.

You can shop these products at [www.forthesparrows.ca](http://www.forthesparrows.ca)

# Our Impact

In 2021, Next Step Ministries reached 200+ survivors impacted by sexual exploitation.

Access our Annual Impact Report online at [www.nextstepministries.ca](http://www.nextstepministries.ca)