

Survivors supporting Survivors

A chronicle of peer mentoring at MIST, Payoke,
Fundación Cruz Blanca, Equality & ADPARE

June '24-February '25



equality

Mist



CRUZ
BLANCA



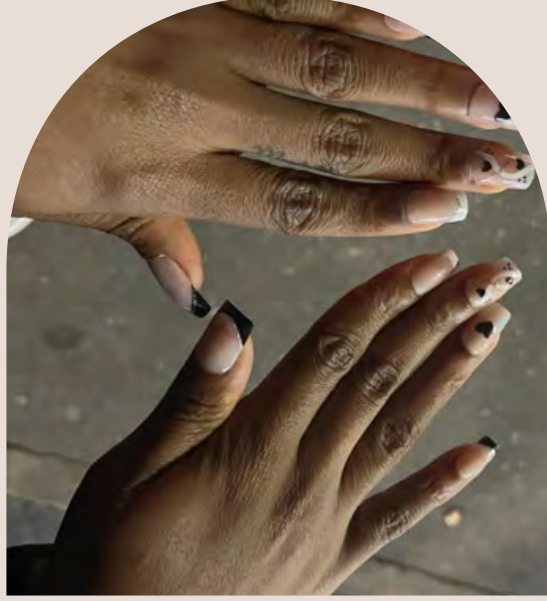
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*When survivors support each other,
they don't just heal—they rise.*

The impact of these workshops is a
testament to the power of peer
mentorship in survivor engagement.



Dance

Nail art



Photography &
movie club



Poetry & writing



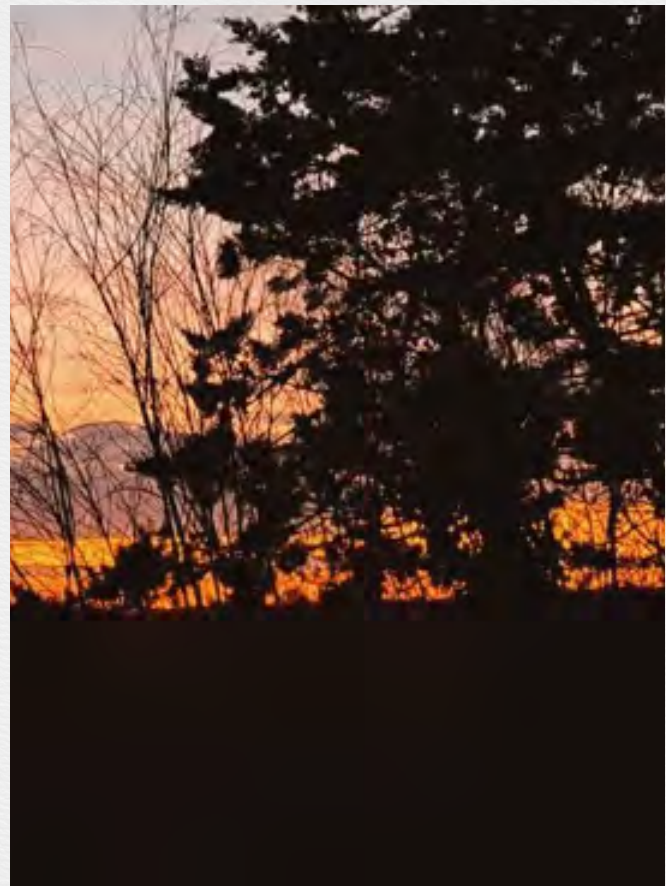
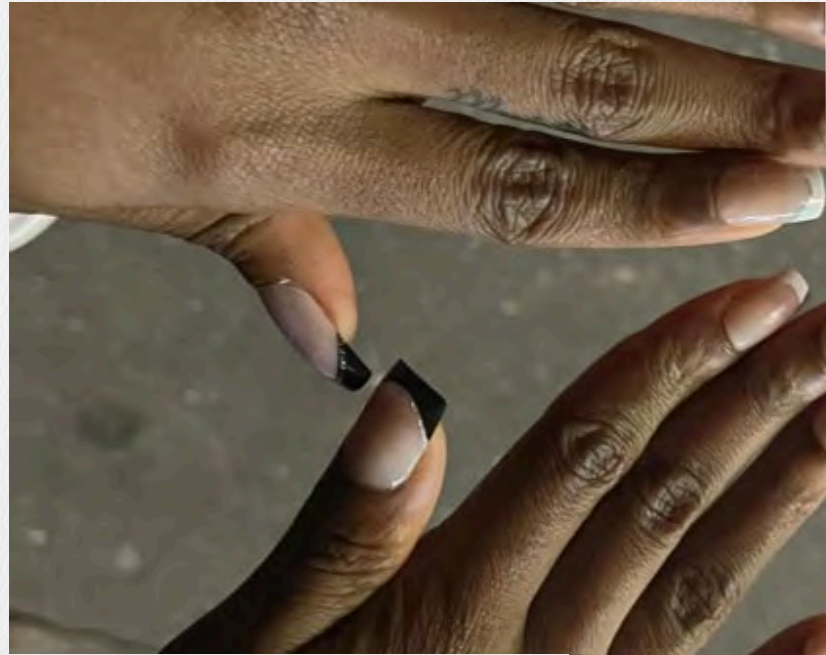
MIST's Workshops

16 peer-led workshops

6 peer mentors

32 participants

Self-confidence



I am Herit not dis
I am real dppination
I am Strong beyond
I am problems solve
I am geniues
I am Strong
I am loving
I am friendly
Nonsense

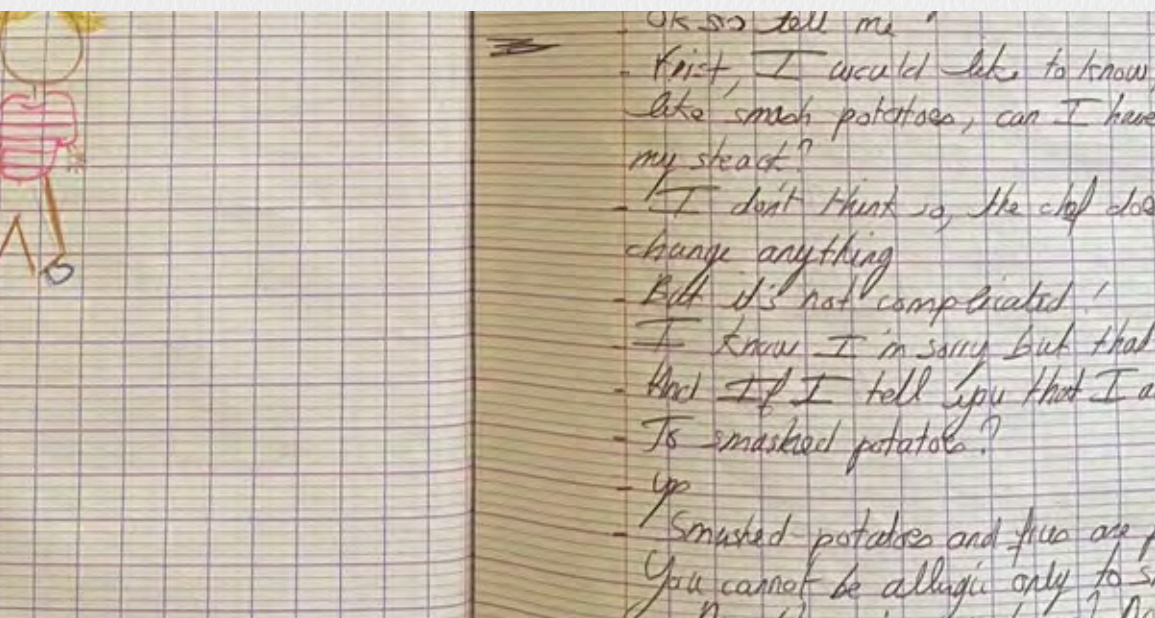


Freedom of expression

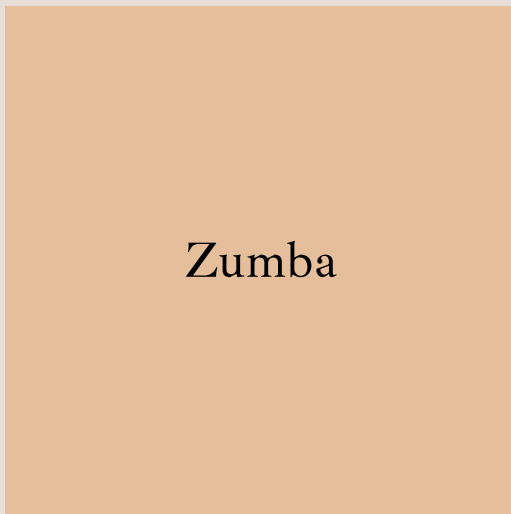
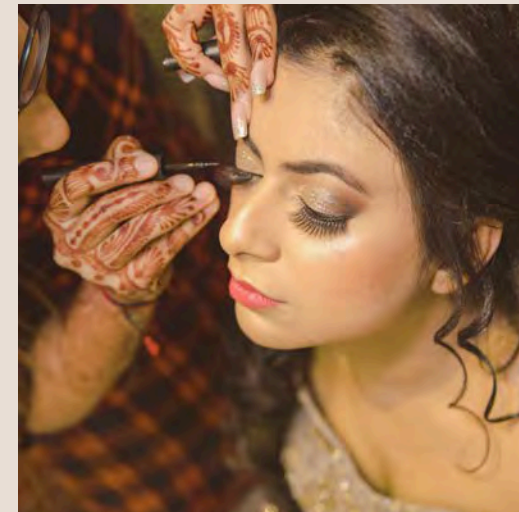




*Initially, some participants were reluctant to share their thoughts.
However, as time passed, they fostered trust and supported one another.
Even the quietest members begun participating openly.
By the last session, they had created a nurturing community.*



Payoke's workshops



13 peer-led workshops, 5 peer mentors, 36 participants

Fun & Flair Days

Payoke introduced the workshops as Fun & Flair Days -monthly one-day weekend gatherings designed to remove barriers and bring people together in a relaxed setting





Expresion through
music

Fundación Cruz Blanca's Workshops

8 peer-led workshops
4 peer mentors
45 participants

Cooking



Outing to nature



Cultura exchange and
social connections





Overcoming trafficking and turning that experience into strength to support others is a powerful act of empowerment and commitment. Acknowledging one's own worth and choosing to contribute from that place reflects a remarkable journey of personal growth. As one survivor leader expressed: *'I feel happy for giving myself the chance to keep going, to let go of fears and insecurities, and to see that I am capable. Thank you for giving me the opportunity to contribute to this beautiful work.'*



Adpare's workshops

Manual and expressive activities



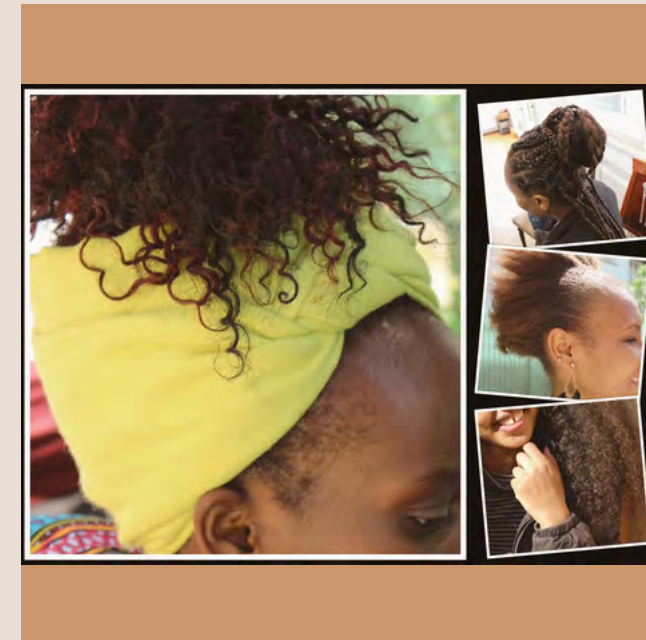
Creative
Workshop



Christmas
Workshop



Culinary Exchange



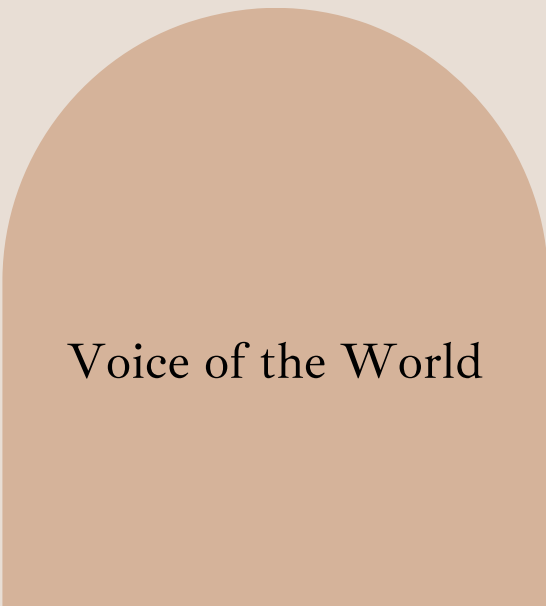
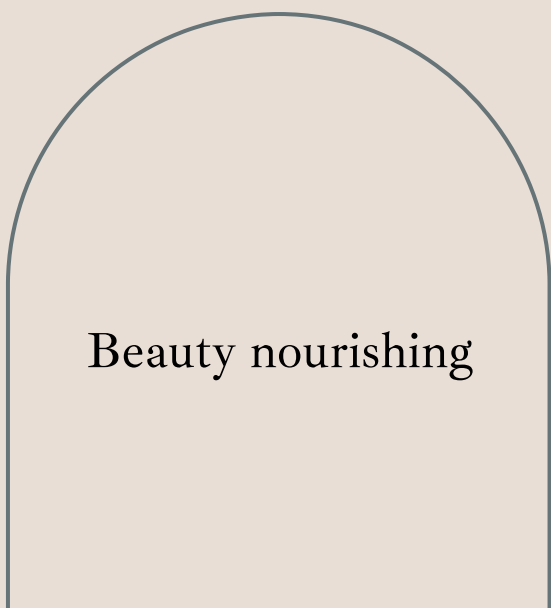
Hairdress
Workshop

5 peer-led workshops, 4 peer mentors, 27 participants

Kintsugi session



Just as Kintsugi mends broken ceramics with gold, our work accompanies individuals through a symbolic process of self-restoration, where every healed wound becomes part of their strength and beauty.



Equality's Workshops

17 peer-led workshops

6 peer mentors

54 participants

Context-sensitive approaches



Peer-based support

Through MIST, Payoke, Fundación Cruz Blanca, Adpare and Equality workshops...



Mentors grew in confidence. Participants expressed their voices.

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