



TREASURES

RESOURCE GUIDE

AT A GLANCE



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CRISIS SUPPORT

Human Trafficking Hotline

888-373-7888

Sexual Assault Hotline

800-656-4673

Domestic Violence Hotline

800-799-7233

Outside of United States

findahelpline.com



TREASURES



Through our survivor-led, trauma-informed programs, we are committed to empowering survivors of exploitation and trafficking to live healthy, flourishing lives.

- + *Online Support Groups*
- + *Mentoring*
- + *Coaching*
- + *Care Packages*
- + *Weekly bible Study*

[Learn More](#)

WWW.IAMATREASURE.COM

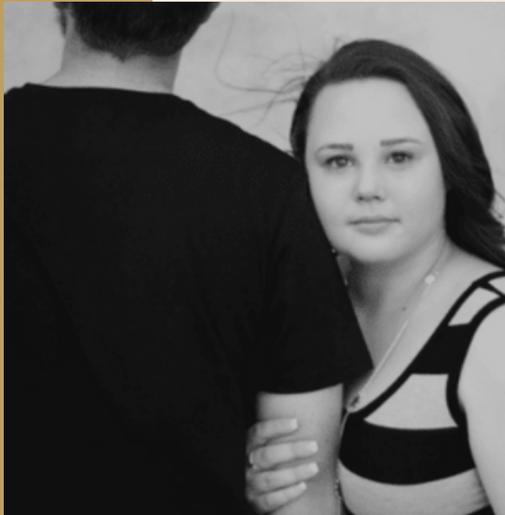
QUIZZES



What is your Trauma Response Style?

Take this 5-minute quiz to discover your primary survival style (Fight, Flight, Freeze, or Fawn) and gain insight into the strengths and patterns shaping your life today.

[Take Quiz](#)



Do You Struggle with Codependency?

Codependency is a widespread, often unseen condition that wreaks havoc in people's lives and relationships. If you have ever wondered if you struggle with codependency, I created this 3-minute quiz for you!

[Take Quiz](#)

DOWNLOADS



Find Your Strength

Discover the unique ways you are wired to thrive and learn practical tools to move from surviving to thriving.

Take the first step toward a life of resilience and healing.

[Discover Your Strengths](#)



What Gives You Life

Healing isn't just about facing pain—it's also about reclaiming joy.

Discover what truly restores you and create a simple plan to make those life-giving activities part of your everyday routine..

[Find Joy Now](#)



READING

Books & Curriculum by Harmony Dust / Treasures

[On Shopify](#)

[Amazon](#)

Recommended Reading

[Trauma Recovery](#)

[Allies & Providers](#)

[Relationships](#)

[Faith Inspiring](#)

[Survivor Stories](#)