



ST. STEPHEN'S  
Human Rights Program

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# *A Day in the Life*

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This day-long learning experience program offers a unique opportunity to engage with and learn from people who have experienced homelessness.

Components of the day include:

## **A Walking Education**

Led by trained educators who have experienced homelessness, participants walk to shelters, drop-in centers, and other services to learn about them.

## **Learning from the Experts**

Participants engage in candid conversations with individuals who have experienced homelessness to gain an understanding of their challenges, successes, and perspectives.

## **Reflection**

Opportunities for discussing the day's events provide a chance for a deeper understanding of issues of homelessness and why and how they occur.

## **Action Opportunities**

Participants are given an overview of ways in which they may become more engaged in working to end homelessness.

# ***A Day in the Life***

- *A Day in the Life* offers opportunities to share conversation with people experiencing homelessness and extreme poverty. Participants will hear personal life-stories, as well as how larger systemic issues such as racism and economic oppression impact people.
- Schedule can be adapted to participants' needs.
- The cost to participate is \$50 per participant.
- Participants may encounter viewpoints or situations that are challenging or discomfoting. Not all views will reflect the philosophy or practices of St. Stephen's Human Services, but are nonetheless an important part of the *A Day in the Life* experience.
- We ask that all participants attend with an inquisitive mind and open heart.

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For more information

**612-870-2296**

or

**[www.ststephensmpls.org](http://www.ststephensmpls.org)**

The Human Rights Program is part of St. Stephen's Human Services, which offers shelter, housing, employment, and recovery services to those who are homeless or living in extreme poverty. Thousands of people benefit from our services every year.

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**ST. STEPHEN'S HUMAN SERVICES**

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612-874-0311

**[www.ststephensmpls.org](http://www.ststephensmpls.org)**

***Our mission is to end homelessness.***