Five More Minutes
FOUNDATION

Advocate for *Hope and Healing.*

Trauma-informed sexual violence prevention and recovery education for students, youth centers, and communities, shared from lived experience.

Five minutes at a time.

OUR MISSION

To educate, empower, and support individuals through trauma-informed prevention and recovery, helping them pause, choose safety, and believe in the possibility of change.

Programs & workshops

MIDDLE & HIGH SCHOOL · YOUTH CENTERS

Youth sexual violence prevention

Self-worth, consent, healthy relationships, recognizing grooming and unsafe situations, and how to get help.

SENIORS · COLLEGE · YOUNG ADULTS

Substance use & safety

How alcohol and drugs affect judgment, bystander intervention, and looking out for each other.

COMMUNITY · CHURCHES · RECOVERY

Keynote: The only way out is through

Joanna's story of surviving sexual violence and addiction, and 14+ years of sobriety.

TREATMENT · RECOVERY HOUSES · WOMEN

Recovery support circles

Peer-led sessions connecting trauma and addiction, shame, and self-worth.

PARENTS · TEACHERS · COACHES

When someone tells you

How to respond to a disclosure: warning signs, believing and listening, and connecting to help.

SCHOOLS · NONPROFITS · EVENTS

Awareness events & panels

Sexual Assault Awareness Month (April), Suicide Prevention & Recovery Month (September).

Every program includes: a content note and freedom to step out, a local counselor or crisis center partner on hand, take-home resource cards, and content tailored to your audience's age.

The Five More Minutes framework

1. **Pause**
   Stop before the next move.
2. **Breathe & ground**
   Settle your body first.
3. **Check your safety**
   Notice risk without shame.
4. **Reach out**
   Text a friend, call 988.
5. **Choose the next five**
   One small, safe step.



Joanna Roth, founder
Survivor, mother, and woman in long-term recovery, sober since 2012.

Book a workshop

Scan or visit
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In crisis? Call or text **988** · Text HOME to **741741** · RAINN **800-656-4673**

Lived-experience education, not a crisis or clinical service.