

## FREQUENTLY ASKED QUESTIONS:

### HOW LONG IS THE COMMITMENT?

TRACTION is an 11-month residential program. Ten months are spent living in the home together. Participants transition into their own homes in cohorts and continue receiving support during the 11th month.

### HOW EXACTLY DOES THE SPIRITUAL COMPONENT WORK?

Spiritual wellness is an essential part of the TRACTION program. The Resident Directors and Founder are Christian and will require all participants to respect the values, disciplines and practices inherent to a Christian home. Participants will explore the similarities and differences amongst various religions and will be taught and asked to try spiritual disciplines such as Fasting, Prayer, Celebration and Study

### IS THERE A PROGRAM COST?

There is no cost to program entry. Once employed, participants are expected to pay 1/3rd of their monthly income towards program costs and save approximately 1/3rd for post-program expenses.

### HOW DO I APPLY?

Potential program participants must personally fill out an application and participate in a face-to-face interview.

# TRACTION



A faith-based leadership program that helps young men gain stability, self-sufficiency and become ethical leaders within their communities.



TRACTION, housed in the Franklin Field area of Dorchester, offers young men ages 17-23 a safe, supportive and enriching place to spend nearly a year clarifying their goals and gaining skills. The purpose is to equip young men with such skills as compassion, civility, integrity, listening and tools to live healthy and community enhancing lives while transitioning them into independent living situations. We are poised to become an epicenter of emerging young ethical leadership as we develop leaders who are spiritually disciplined, intellectually astute and morally wise.

## TRACTION

5 Nightingale Street  
Dorchester, MA 02124

(617) 335-5496  
[www.TractionHouse.com](http://www.TractionHouse.com)

*"The core philosophy behind TRACTION is that young men first need stability and subsequently they can and must be expected to pursue both self-sufficiency and the betterment of their families and communities."*

*Leslie Moore, Founder*

# TRACTION

TRACTION introduces a cohesive structure, giving participants a variety of opportunities for growth and wellness. With TRACTION, young men have access to enrichment, group-support, and personal growth within six core wellness areas: Intellectual, Occupational, Spiritual, Social/Cultural, Emotional and Physical. Furthermore, TRACTION was designed with young urban men in mind. The program maintains a flexible structure, and includes unique opportunities, subsidized housing and food, guest speakers, resident directors, access to technology, a broad community-based support network and post-program transition support in the context of a family atmosphere.

## STABILITY

TRACTION participants not only receive housing, food, but also guidance and encouragement for the duration of the program. Each participant commits to a weekly schedule which encourages health and growth during the program.



## SELF-SUFFICIENCY

TRACTION incorporates employment skill building, career exploration, financial planning and savings, as well as post-program housing support.

After ten months in the program, participants leave in cohorts to their own shared apartments that they order and maintain using many of the life skills learned and practiced in the program.

## BETTERMENT OF FAMILY & COMMUNITY

TRACTION encourages participants to go through a month hiatus from friends, family and community at the beginning of the program. This allows time for participants to evaluate themselves and their interaction with the friends, family and communities surrounding them. This time is used for goal setting, redefinition of self, and for building a new support network to support achievement of the intended goals.

Participants are strongly encouraged to take an 8 month break from romantic relationships, friendships that have involved destructive practices and any individuals whose influence or negativity has worked against their growth and advancement. We expect that a return to these relationships with new perspective, skills and the ongoing support of other program participants and Resident Directors will result in healthier ongoing interactions.

Participants will also participate in regular service work and an entrepreneurial project to develop a business that would enhance the surrounding community. This program component allows participants to engage neighbors, better understand systems impacting their communities and contribute their unique talents to an ongoing group project.

## PROGRAM LEADERSHIP

LESLIE MOORE: Founder/Homeowner:

EDUATION: Yale University -BA Political Science and Psychology

PROFESSION: Director of Adolescent Development for local non-profit

MEMBER: Cambridge Community Fellowship Church

FOLEY IBIDAPO: Director of Curriculum Development

EDUCATION: Morehouse College - BA English (Public Relations)

UMass Boston - M.Ed Multi-Cultural Education

PROFESSION: Executive Director of a Film and Digital Agency

MEMBER: Cambridge Seventh Day Adventist Church

BRYANT SYLVESTER: Director of Student Wellness

EDUCATION: Berkelee College of Music

PROFESSION: Student

MEMBER: Boston Temple Seventh Day Adventist Church