

The 16 Pillars Workshops

Life skills, one per week — four per pillar

Our 16-week workshop series follows the rhythm of the program: each month adds the new pillar while we keep building on the ones before it. Every workshop is hands-on — nobody just sits and listens. You practice, you write, and you leave with something real you can use that week.

Physical — weeks 1–4

1. Body Basics: Sleep, Food, and Movement

Why the body falls apart in addiction — and how simple routine rebuilds it. We cover real sleep habits (not just “get more sleep”), eating regular meals, and easy daily movement. Everyone leaves with a personal sleep-and-meals plan for the week.

2. Health Care Without Fear: Doctors, Dentists, and Checkups

Many women haven't seen a doctor in years and feel ashamed to go. We walk through how to find a provider, what actually happens at a checkup, how to use insurance or free clinics, and how to ask questions without fear. Everyone picks one appointment to schedule.

3. Move Your Body, Lift Your Mood

Movement is medicine for mood, cravings, and sleep. We try gentle options together — walking, stretching, simple routines — and talk honestly about keeping going when motivation dips. Everyone chooses one movement goal they can actually keep.

4. Eating Well on a Budget

Good food doesn't have to cost much. We cover meal planning, smart grocery lists, cooking basics, and stretching a food budget. We plan an affordable meal together, and everyone leaves with a one-week meal plan.

Mental — weeks 5–8

5. Change Your Thinking, Change Your Life

Our thoughts drive our feelings — and our choices. We learn to catch the old tapes (“I can't,” “I'm not worth it”) and practice replacing them with what's true. Journaling and group practice included.

6. Coping Skills for Hard Days

Hard days will come — relapse doesn't have to. We build a personal coping toolbox: breathing, grounding, HALT (hungry, angry, lonely, tired), calling someone, and safe distractions. Everyone writes her own “hard-day plan” to keep close.

7. Goals That Stick: Planning Your Week

Big dreams die without a weekly plan. We learn to set small goals that actually stick, use a calendar or planner, and break big tasks into daily steps. Everyone leaves with next week's plan written out.

8. Money Basics: Budgeting for Real Life

Money stress can undo everything. We cover real-life budgeting — tracking where money goes, paying bills on time, bank accounts — and how to spot predatory loans and scams. Everyone builds a simple starter budget.

Emotional — weeks 9–12

9. Naming What You Feel

You can't heal what you can't name. Using a feelings wheel, we practice identifying emotions beyond "fine" or "mad" — and learn that feelings are messengers, not orders. Journaling practice included.

10. Healthy Boundaries

Boundaries protect your peace. We learn what boundaries are (and aren't), how to say no without guilt, and practice real boundary scripts for family, friends, and partners. Everyone writes one boundary she'll hold this week.

11. Healing Your Relationships

Addiction damages trust. We talk honestly about which relationships can heal and how — listening, owning your part, steady actions over time — and which ones need distance for now. Communication practice in pairs.

12. Handling Conflict Without Blowing Up

Conflict doesn't have to mean explosion or shutdown. We practice I-statements, listening to understand, knowing when to walk away, and coming back to repair. Role-play in a safe, supportive setting.

Spiritual — weeks 13–16

13. What Do You Believe? Exploring Faith and a Higher Power

Every woman walks her own spiritual path here. We explore what faith and a higher power mean personally — no pressure, no preaching, all beliefs respected. Quiet reflection and open sharing for those who want it.

14. Gratitude as a Daily Practice

Gratitude rewires a complaining mind. We start a daily gratitude practice together — simple and honest, even on hard days — and talk about how noticing the good changes the way we see our lives.

15. Forgiveness: Letting Go of What's Behind

Forgiving others — and forgiving yourself. We talk about what forgiveness really is (loosening the grip, not saying it was okay) and move through guided reflection toward release. Deep work, held gently.

16. Your Next Chapter: Purpose and Giving Back

As the program ends, we look forward: What is your purpose? How will you give back? We map next steps — work, service, community — and celebrate how far each woman has come.

One workshop each week. Sixteen weeks. A solid foundation — built one pillar at a time.