



Pillars of Grace  
A Healing Home

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## THE GRACE JOURNEY

16 Weekly Life-Skills Workshops — one per week, building month by month through the four pillars

### MONTH 1 — PHYSICAL: Rebuild the Body

#### Week 1 — Loving the Woman in the Mirror

Self-love and daily affirmations. Learning to see her own worth again, speak kindly to herself, and treat her body with respect after years of neglect.

#### Week 2 — Healthy Body, Steady Mind

The practical side of physical healing: nutrition on a budget, sleep habits, movement, and catching up on medical and dental care she may have put off.

#### Week 3 — Healing from Harm

A safe, trauma-informed space to begin healing from physical, emotional, and mental abuse. Understanding what abuse is, safety planning, and knowing she never deserved it.

#### Week 4 — Daily Rhythms That Heal

Building sustainable daily routines for physical wellness: morning and evening rituals, staying consistent with self-care, and making her health non-negotiable.

### MONTH 2 — MENTAL: Rebuild the Mind

#### Week 5 — Rewriting Your Story

Shifting from “addict” or “victim” to author of her own next chapter. Tools for pushing through hard times, handling setbacks, and building real resilience.

#### Week 6 — Boundaries That Protect Your Peace

What boundaries are, why she deserves them, and how to set and hold them — with family, partners, friends, and old influences — without guilt.

#### Week 7 — Money Without Fear

Budgeting basics, opening and keeping a bank account, understanding credit, and making a plan for debt. Financial confidence is independence.

#### Week 8 — Thinking Clearly, Choosing Wisely

Decision-making skills for a new life: weighing choices, thinking through consequences, and learning to trust her own judgment after years of chaos.

## MONTH 3 — EMOTIONAL: Rebuild the Heart

### Week 9 — Love That Lifts You

What healthy relationships actually look like. Recognizing red flags early, communicating needs clearly, and choosing people who choose her back.

### Week 10 — Parenting with Grace

Reconnecting with her children with honesty and patience. Co-parenting skills, custody basics, and forgiving herself so she can show up fully.

### Week 11 — Feelings Are Messengers

Emotional regulation without substances: naming feelings, sitting with discomfort, grieving what was lost, and building a coping toolkit that lasts.

### Week 12 — Forgiveness and Letting Go

The healing power of forgiveness — for herself and others. Releasing resentment, making amends where it is right, and freeing herself from the weight of the past.

## MONTH 4 — SPIRITUAL: Rebuild the Spirit & Launch

### Week 13 — Finding Your Purpose

Discovering her values, gifts, and vision for her life. Setting meaningful goals and believing she was made for more than survival.

### Week 14 — Work That Works for You

Job readiness from resume to interview: telling her story with dignity, handling background questions, and keeping a job once she lands it.

### Week 15 — Your Next Chapter

The launch plan: finding housing, lining up aftercare and support, building her circle, and walking out the door ready — celebrated, not just discharged.

### Week 16 — Walking in Your Calling

Stepping into purpose with confidence: using her gifts to serve others, staying rooted in her faith community, and continuing to grow long after graduation.

Each workshop will receive its own full facilitator guide, handouts, and take-home tools as the curriculum is developed.

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