



Pillars of Grace
A Healing Home

PILLARS OF GRACE

A Healing Home

COMPLETE PROGRAM GUIDE

Four-Month Recovery Plan Rooted in the Four Pillars

Welcome, Sister

If you are holding this guide, you have already done the hardest part: you decided you wanted more for your life. Pillars of Grace exists for one reason — to walk beside you while you rebuild, one pillar at a time.

This program is built on the four pillars from my book, *Unyielding Grace*: physical, mental, emotional, and spiritual. For four months, we focus on one pillar at a time, because lasting change is not built in a day. It is built day by day, choice by choice, grace by grace.

You do not have to be perfect here. You do not have to have it all figured out. You just have to show up, be honest, and be willing. We will handle the rest together.

— *Founder*

Our Foundation

Where this program comes from

Pillars of Grace was born from *Unyielding Grace*, a faith-rooted workbook about rebuilding a life after addiction — body, mind, heart, and spirit. Every part of this program traces back to those four pillars, because recovery that lasts has to reach the whole woman, not just the addiction.

Supportive housing — not treatment

Pillars of Grace is a supportive sober home, not a treatment facility. Every resident arrives having already completed a treatment program. Our job is what comes next: a safe, structured, grace-filled home where you practice your recovery in real daily life — with sisters beside you and support around you.

Christian roots, open hearts

This program is shaped by the Christian faith, and the optional faith track draws directly from *Unyielding Grace*. But hear this clearly: no one is required to attend church, adopt any belief, or follow any religion to live here. Each woman's spiritual path is her own, and it will be respected. Grace is not grace if it comes with conditions.

Women supporting women

This house is for women, run with the understanding that healing happens in safe community. There is no shame here — only honesty, accountability, and sisters who get it. What is shared in this house stays in this house.

The Program at a Glance

Four months. One pillar per month. Each month builds on the one before it — and nothing you learn is ever left behind. The focus shifts; the foundation keeps growing.

Time	Activity
Month 1	PHYSICAL — Restore the Body. Sleep, movement, nutrition, cooking, medical care. We stabilize the body first, because you cannot heal on an empty tank.
Month 2	MENTAL — Renew the Mind. Thought patterns, coping skills, journaling, life skills, goals. Once the body is steadier, we train the mind that drives our choices.
Month 3	EMOTIONAL — Heal the Heart. Therapy, healing groups, meditation, boundaries, grief work, forgiveness. With body and mind stronger, we do the deeper heart work safely.
Month 4	SPIRITUAL — Awaken the Spirit. Purpose, faith (your way), gratitude, service, vision for the future. The capstone month that launches you forward.

Why this order?

We start with the physical because early recovery lives in the body — exhaustion, poor sleep, and poor nutrition make everything harder. A steadier body makes a steadier mind. The mental pillar comes next because our thoughts drive our choices; learning to catch and redirect harmful thinking protects everything we build. The emotional pillar follows because grief, trauma, and relationship wounds need a stable foundation to face safely — and professional support while you do. We finish with the spiritual pillar because purpose and meaning are what carry you after you leave: a woman who knows why her life matters will fight for it.

The pillar of the month is the focus, never the only thing. You keep practicing every earlier pillar all the way through — movement, journaling, meetings, and prayer do not stop when the month changes. That is how habits become a life.

The Through-Lines: What Happens Every Week, All Four Months

No matter which pillar month you are in, these rhythms run underneath everything. They are the heartbeat of the house:

- Daily workbook time (30 minutes). A little of the Unyielding Grace workbook every day — the month's pillar sections get the focus. Your CPRS reviews it with you weekly.
- Recovery meetings (4–5 per week). Your choice: AA, NA, SMART Recovery, Celebrate Recovery, or another mutual-support program. Some at the house, some in the community.
- Weekly one-on-one with a CPRS. A Certified Peer Recovery Support Specialist — someone who has walked this road — meets with you privately every week to set goals, work through struggles, and celebrate wins.

- Weekly house meeting (Sundays). The whole house gathers: announcements, gratitude round, conflict resolution, planning the week together.
- Daily community contributions. Chores are shared — cooking, cleaning, yard, laundry. A home is built by the people who tend it.
- Morning quiet time + evening reflection. Every day starts and ends intentionally. The shape of it changes with each pillar month.
- Sobriety commitment. This is a sober home, without exception. Expect regular sobriety screenings — they protect everyone under this roof, including you.
- Quiet hours 10:30 PM – 6:30 AM. Rest is part of recovery. The house sleeps so the house can heal.

Week 0: Intake & Orientation

Before Month 1 begins, every new resident moves through a welcome week designed to settle, not overwhelm:

- Application & interview. A conversation, not an interrogation — we want to know your story, your treatment completion, and what you hope these four months will give you.
- Move-in & house tour. Your room, the kitchen, the workout space, the quiet room, the meeting space. You are shown everything and introduced to everyone.
- Guidelines walk-through. House expectations explained clearly and kindly — no surprises later.
- Buddy pairing. You are matched with a resident further along in the program who shows you the daily ropes for your first two weeks.
- Goal-setting with your CPRS. Your first one-on-one: where you are, where you want to be in four months, and the first small steps.
- Wellness baseline. We help you schedule a physical, dental, and vision checkup, sort out medications with your doctor, and note any health needs.
- Your workbook. You receive your copy of *Unyielding Grace* and begin the first pages during orientation week.

Month 1: Physical — Restore the Body

Theme: You cannot pour from an empty cup. We fill the cup first.

Goals for the month

- Establish a consistent sleep schedule and wind-down routine.
- Move your body for at least 30 minutes every day.
- Learn the basics of nutrition and cook healthy meals with the house.
- Complete your medical, dental, and vision checkups.
- Rebuild daily self-care and personal dignity — hygiene, appearance, pride in yourself.

Movement & exercise

The house is equipped with a treadmill, resistance bands, dumbbells, and yoga mats, plus a walking route mapped around the neighborhood. Daily movement is non-negotiable — not as punishment, but as medicine. Options every day include treadmill walking/jogging, strength circuits, yoga/stretching videos, and a weekly group walk. Residents log their movement in their workbook; the CPRS celebrates streaks, not perfection.

Nutrition classes (weekly)

A four-week rotating series, taught in the house kitchen:

- Week 1 — Food is fuel: what your body needs in recovery (protein, fiber, hydration); breaking the sugar-and-caffeine cycle.
- Week 2 — Reading labels & grocery smarts: shopping on a budget, the perimeter of the store, planning a week's meals.
- Week 3 — Cooking basics: knife skills, food safety, batch cooking, five-ingredient meals.
- Week 4 — Eating for energy & mood: how food affects sleep, cravings, and emotions; building your personal go-to meal list.

Healthy cooking in daily life

Residents cook in rotating teams — breakfast and dinner together on weekdays, with a shared recipe binder the house builds month by month. By the end of Month 1, every resident can prepare at least eight healthy core meals from memory. Weekend cooking is lighter and more experimental (including one “celebration meal” a month).

Sleep, medical & self-care

- Sleep hygiene: consistent bedtime/wake time, screens off by 10:00 PM, a real wind-down routine. Sleep logs for the first two weeks.
- Medical: physical, dental, and vision appointments completed; prescriptions organized; a list of your providers kept with house staff.
- Dignity details: skincare, hair, nails — small rituals of self-respect, supported not mandated. Looking like you matter to yourself changes how you carry yourself.

A day in Month 1 (weekday)

Time	Activity
6:30 AM	Wake up, morning routine, make your bed. The day starts with order.
7:00 AM	Morning quiet time (15 min): stretching or stillness, one gratitude, intention for the day.
7:30 AM	Breakfast together (cooking team).
8:30 AM	Community contributions (chores) + room check.
9:30 AM	Pillar session: nutrition class (Tue), movement workshop (Thu), or workbook study circle (Mon/Wed/Fri).
11:00 AM	Workbook time — physical pillar sections (30 min).
12:00 PM	Lunch together.
1:00 PM	Movement hour: treadmill, strength circuit, yoga, or group walk. Log it.
2:30 PM	Appointments / life admin / rest.
3:30 PM	CPRS one-on-one (rotating days) or peer check-in.
5:30 PM	Dinner prep (cooking team); dinner together at 6:00.
7:00 PM	Recovery meeting (in-house or community, 4–5x/week).
8:30 PM	Evening reflection: sleep-hygiene wind-down, journal one line about your body today.
10:30 PM	Lights out. Quiet hours begin.

Month 1 weekly rhythm

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	Quiet time + breakfast + chores	Quiet time + breakfast + chores	Quiet time + breakfast + chores	Quiet time + breakfast + chores	Quiet time + breakfast + chores	Sleep in till 8; brunch	Sleep in till 8; brunch
Pillar block	Workbook circle	Nutrition class	Workbook circle	Movement workshop	Workbook circle	Group walk + grocery trip	House meeting
Afternoon	Movement + CPRS/ad min	Movement + CPRS/ad min	Movement + CPRS/ad min	Movement + CPRS/ad min	Movement + CPRS/ad min	Free time / visits	Free time / visits
Evening	Recovery meeting	Recovery meeting	Free evening	Recovery meeting	Recovery meeting	Movie / game night	Reflection + week prep

Month 2: Mental — Renew the Mind

Theme: Your thoughts drive your choices. We train the driver.

Goals for the month

- Recognize your thought patterns — especially the ones that lead toward relapse.
- Build a personal coping-skills toolbox and actually use it.
- Journal daily; watch your own thinking change on paper.
- Set real goals (education, work, money) and take the first steps.
- Keep every physical habit from Month 1 — movement, cooking, sleep.

Thought work & coping skills

The morning pillar block becomes mindset group (Mon/Wed/Fri): identifying triggers, catching cognitive distortions (“all-or-nothing thinking,” “I blew it so why try”), and practicing reframes out loud. Tuesdays and Thursdays are coping-skills labs: breathing techniques, grounding (5-4-3-2-1), the HALT check (Hungry, Angry, Lonely, Tired), urge-surfing, and building a written “playbook” for hard moments. Every resident leaves Month 2 with a laminated coping card in her wallet.

Journaling

Evening reflection deepens into 20 minutes of journaling: three prompts rotate nightly (“What did I think today that helped me?” / “What thought tried to pull me down, and what did I do?” / “What am I learning about my own mind?”). Journals are private — the CPRS may ask what you noticed, never to read the pages.

Life-skills workshops (weekly, rotating)

- Money: budgeting on a real income, needs vs. wants, starting a savings habit, understanding credit.
- Work: resumes, applications, interview practice, what employers actually want to hear about gaps.
- Communication: asking for help, saying no, handling conflict without exploding or shutting down.
- Time: planning a week, keeping appointments, building routines that survive bad days.

Education & forward goals

Residents who want to pursue a GED, a certification, or college coursework get help mapping the path and protecting weekly study hours. No pressure to enroll — but every resident writes down one learning goal for the year ahead.

A day in Month 2 — what changes

The skeleton of the day stays the same (your body already knows the rhythm — that is the point). What shifts:

- 9:30 AM pillar block → mindset group (Mon/Wed/Fri) or coping-skills lab (Tue/Thu).
- 11:00 AM workbook → mental pillar sections; thought-record worksheets.
- 1:00 PM → movement continues (30+ min) — now it is maintenance, and residents begin leading warm-ups for each other.
- 2:30 PM → life-skills workshop (one weekday) or study/goal hours.
- 8:30 PM reflection → guided journaling (20 min) + one-line gratitude.

Month 2 milestone: each resident presents her coping playbook to the house — two minutes on the three tools that work best for her. Teaching it seals it.

Month 3: Emotional — Heal the Heart

Theme: Feel it to heal it — safely, supported, and at your pace.

Goals for the month

- Attend weekly therapy and engage honestly in the process.
- Practice naming and sitting with emotions instead of numbing them.
- Learn and use healthy boundaries in real relationships.
- Do grief and forgiveness work — including forgiving yourself.
- Build a daily meditation/relaxation practice.

Therapy

Every resident attends weekly individual therapy with a licensed therapist (through community partners — finalized before opening). Therapy is the deep-water work: trauma, grief, family wounds, shame. The house supports it; the house does not replace it. Residents are never asked to disclose therapy content in groups — only what they choose to share.

In-house healing groups (Tue/Thu evenings)

Facilitated sharing circles at the house — smaller and gentler than recovery meetings, focused on feelings rather than stories of use. Rotating themes: grief and loss, anger, shame vs. guilt, inner-child compassion, self-forgiveness. Ground rules are read aloud every time: no fixing, no judging, no repeating outside the room, pass anytime.

Meditation & relaxation

The quiet room becomes the heart of the house this month. Daily offerings include guided meditation (mornings), breathwork sessions, progressive muscle relaxation, and unscheduled quiet-room time any resident can claim. Month 3 introduces the evening wind-down circle: ten minutes of shared stillness before journaling — no phones, no talking, just breathing together.

Boundaries & relationships workshops (weekly)

- What boundaries are (and what they are not): scripts for saying no kindly and meaning it.
- Family mapping: who is safe, who is complicated, what contact looks like in recovery.
- Healthy vs. harmful relationships: red flags, green flags, and trusting your gut again.
- Making amends — the right way: what amends are for (your freedom, not their forgiveness), and which ones wait until after the program.

A day in Month 3 — what changes

- 7:00 AM quiet time → guided meditation option added (15 min, quiet room).
- 9:30 AM pillar block → healing workshop (Mon/Wed/Fri: boundaries, grief, forgiveness topics) or therapy appointments (scheduled individually Tue/Thu).
- 11:00 AM workbook → emotional pillar sections.
- 1:00 PM → movement continues; gentle options emphasized (yoga, walking) — the body holds emotions too.
- 7:00 PM → recovery meetings continue; Tue/Thu healing groups replace the meeting those nights.
- 8:30 PM → wind-down circle (10 min shared stillness) + journaling.

Month 3 milestone: each resident writes a letter of forgiveness — to someone else, or to herself. She chooses whether to send it, share it, or burn it privately. The writing is the healing.

Month 4: Spiritual — Awaken the Spirit

Theme: Know why your life matters — then go live like it.

Goals for the month

- Explore what gives your life meaning — in whatever form fits your beliefs.
- Build a personal spiritual practice you will keep after graduation.
- Practice gratitude as a daily discipline, not just a feeling.
- Give back through service — to the house, then to the wider community.
- Create a clear vision for your first year after Pillars of Grace — and a plan to get there.

Your path, your pace

The spiritual pillar is deeply personal. The program is Christian-based — shaped by the faith in Unyielding Grace — and residents who want that path are fully supported in it: optional Bible study, prayer circle, and worship music mornings. But it is never required. Residents of any faith or no faith choose their own practice: twelve-step spirituality, nature and solitude, meditation, journaling with a higher power of their understanding, or simply quiet reflection on purpose and values. Staff honor every sincere path; no one is preached at, and no one is treated as a project.

Faith track (optional, Christian)

- Morning scripture & prayer circle (opt-in, before breakfast).
- Weekly Bible study walking through the spiritual sections of Unyielding Grace.
- Connecting residents who wish it with local churches — visits are the resident's choice.

Gratitude, purpose & vision

- Gratitude practice: the house gratitude jar fills daily; Sunday house meeting opens with three read aloud. Residents keep a personal top-10 gratitude list in their workbook.
- Purpose workshops: values clarification, “what am I good at,” strengths inventory, and the question underneath it all — who am I becoming?
- Vision boards: each resident builds a one-year vision board for life after graduation — housing, work, relationships, recovery, joy. Displayed in her room, photographed for her Keep Going Guide.

Service: giving it back

Month 4 residents mentor the Month 1 newcomers — buddy pairing comes full circle. The house also completes one community service project together each month (park cleanup, food shelf volunteering, care kits for a shelter). Service is where recovery turns into purpose: your story becomes someone else's hope.

Transition planning

Graduation is a launch, not an ending. With her CPRS, each resident builds a transition plan: housing after Pillars, meeting schedule and sponsor, therapist or continued counseling, medical providers, employment/education next steps, emergency contacts, and a written relapse-prevention plan. Nothing is left to “figure out later.”

A day in Month 4 — what changes

- 7:00 AM quiet time → personal spiritual practice (prayer, scripture, meditation, nature sit — her choice); opt-in faith circle.
- 9:30 AM pillar block → purpose/vision workshops (Mon/Wed), service project planning or mentoring (Tue/Thu), transition planning with CPRS (Fri).
- 11:00 AM workbook → spiritual pillar sections; residents complete the workbook this month.

- 1:00 PM → movement continues — many residents now have a personal routine they own.
- Weekends → one service project per month; vision-board workshop; graduation prep in the final two weeks.

Month 4 milestone: each resident shares her one-year vision with the house — where she is headed and the woman she is becoming. The house speaks belief over her: every resident offers one sentence of what they see in her.

The Nutrition & Healthy Cooking Program

Launched in Month 1 and woven through all four months, the food program treats the kitchen as a classroom and the table as community:

- Four-week rotating class series (see Month 1) — repeats every month so newcomers never miss it and continuing residents go deeper.
- Cooking teams rotate weekly: planning, shopping (budgeted house grocery trips), cooking, cleanup. Everyone learns everything.
- The house recipe binder grows every month — resident-tested, budget-friendly, genuinely good food. Graduates take copies of their favorites.
- One celebration meal a month — cooked together, eaten slowly, gratitude spoken. Food as joy, not just fuel.
- Kitchen confidence goal: every graduate can plan a week of meals, shop for them on a budget, and cook at least ten healthy dishes from memory.

The Workbook: Unyielding Grace in Daily Practice

The Unyielding Grace workbook is the program's daily companion — 30 minutes every morning, pillar sections matched to the pillar month. Residents work the pages, bring questions to their CPRS one-on-one, and discuss insights in the weekly study circle. Completing the workbook over the four months is a graduation requirement — and one of the proudest moments of the ceremony.

Because this program follows a month-per-pillar rhythm, a program-specific edition of the book is under development — the same heart and testimony, with readings and worksheets sequenced to each month of the Pillars journey. Residents would move through it in order, one pillar at a time, exactly as the program flows.

Status: the program edition is a future project — the current Unyielding Grace workbook serves the program fully until it is ready the program team will develop it as the house takes shape.

House Life: The Short Version

Full house policies will be issued at intake and posted in the home. The essentials:

- Sobriety, always. No alcohol, no drugs, no exceptions — with regular screenings that protect the whole house.
- Respect the roof. Quiet hours 10:30 PM–6:30 AM; shared spaces stay shared; what is shared in confidence stays in confidence.
- Show up. Pillar sessions, meetings, chores, and house meeting are commitments, not suggestions.
- Resolve it right. Conflicts go to the Sunday house meeting or a staff mediator — never to shouting, gossip, or silent treatment.
- Guests & passes. Visiting hours and off-site passes are earned with time and trust; details at orientation.
- Phones & tech. Available with healthy boundaries — the program teaches presence first.

A Full House on Different Journeys

In real life, women don't all arrive on the same day — and no woman should have to wait for a start date to get help. Pillars of Grace runs on rolling admissions: a woman moves in when she needs the house, and her four months begin on her intake day.

That means on any given week, your five or six women will be on different pillars. One sister is in her Physical month learning to nourish her body; another is in her Emotional month doing deep healing work; another is weeks from graduation. The house holds all of that at once — here's how:

- The weekly rhythm never changes. Wake-up, meals, chores, workbook hour, recovery meetings, the Sunday house meeting, quiet hours — the same every week. This steady container is shared by every woman no matter which pillar she's on.
- Pillar work happens in small breakouts. Two or three times a week, the house splits by pillar for a 30–45 minute workshop with the house manager or CPRS. With five or six women, a “group” might be just one or two sisters — that's not a problem, that's personal coaching.
- Almost everything else is together. Morning movement, cooking teams, service projects, outings, evening reflections — the sisterhood doesn't split by pillar. Healing happens in community.
- Each one teach one. A woman in Month 3 or 4 buddies a newcomer in Month 1 — showing her the ropes, walking with her, answering the 10 p.m. questions. Teaching cements the older sister's own growth, and the newcomer gets living proof that this journey works.
- Graduations are personal. Each woman graduates on her own four-month anniversary, and the whole house celebrates her — farewell circle, the four-candle ritual, and her Keep Going Guide in hand.

What a Tuesday could look like with six women

Sister	Her pillar month	Her Tuesday
Tasha — week 2	Physical	Morning walk with the house; workbook on sleep and repair; afternoon nutrition class.
Maria — month 2	Mental	Budgeting workshop; practices a mock job interview with her buddy.
Denise — month 3	Emotional	Morning therapy appointment; afternoon healing group on boundaries.
Keisha — month 4	Spiritual	Mentors Tasha; leads service-project planning for the house.
Ruth — week 1	Orientation	House tour, buddy time with Keisha, first workbook pages.
Joy — month 2	Mental	Workbook on thought patterns; evening recovery meeting with everyone.

You don't need six women to start — this model works with two. It scales up, not down. And the tracking stays simple: one chart on the office wall with each woman's name, start date, current pillar, and graduation date. That's the whole system.

One honest note on staffing: a single house manager or CPRS can run this. Pillar breakouts are short and simple by design — thirty minutes, a workbook chapter, an honest conversation. You don't need a big staff. You need one steady person and a house full of sisters.

Graduation: Celebrating the Journey

The final week of Month 4 is sacred ground — reflection, gratitude, and a proper send-off. No one slips out the back door. Every woman is celebrated out the front.

Final-week traditions

- Letter to self. Each graduate writes a letter to the woman she will be in one year — sealed, addressed, and mailed to her by Pillars staff twelve months later.
- Gratitude letters. Written to fellow residents, staff, family, or anyone who carried her. Given in person or sent with love.
- The four-pillars reflection. A final workbook exercise: where she started and where she stands now — physically, mentally, emotionally, spiritually.
- Room blessing. Her room is prepared for the next sister; she leaves a welcome note in the nightstand drawer.

The ceremony

Family, chosen family, supporters, staff, and current residents gather — in the house living room or a community space, decorated by the Month 1 residents (their service to the graduates):

- Welcome & the story of the pillars — what these four months meant.
- Reflection readings — short passages from *Unyielding Grace*, read by residents.
- Each graduate speaks (2–3 minutes) — her journey, in her own words. No one is required to share more than she wishes.
- The candle ritual — four candles for four pillars; each graduate lights them in turn as her pillars are named aloud over her.
- Certificates & the Keep Going Guide — presented with a hug and a blessing.
- A prayer or blessing (opt-in) — honoring each graduate's own faith.
- The meal — the graduates' favorite house recipes, cooked by the whole house.

Farewell circle

After guests depart, the house gathers once more — just sisters. Each remaining resident speaks one sentence of belief over each graduate. Then the graduates walk out the front door to applause, not goodbyes: “Once a pillar sister, always a pillar sister.”

The Keep Going Guide (take-home)

Every graduate leaves with a personal binder — her roadmap for the year ahead:

- Her completed *Unyielding Grace* workbook.
- Her one-year vision board (photographed) and 90-day goals.
- Her relapse-prevention plan and coping playbook card.
- Her transition plan: housing, meetings, sponsor, therapist, providers, emergency contacts.
- Favorite recipes from the house binder.
- Letters written to her by housemates and staff.
- A resource list: meetings, crisis lines, community supports, alumni circle info.

The alumni circle: graduates are invited back monthly for an alumni dinner at the house — proof that the door stays open and the sisterhood continues.

Appendix A: Master Weekly Schedule Template

The skeleton every pillar month hangs on. The 9:30 AM pillar block and 8:30 PM reflection are what change month to month (see each month's chapter):

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30a	Wake, routine	Wake, routine	Wake, routine	Wake, routine	Wake, routine	Wake 8:00	Wake 8:00
7:00a	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time	Brunch 9:00	Brunch 9:00
7:30a	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	—	—
8:30a	Chores	Chores	Chores	Chores	Chores	Chores (light)	Chores (light)
9:30a	PILLAR	PILLAR	PILLAR	PILLAR	PILLAR	Group outing	House meeting
11:00a	Workbook	Workbook	Workbook	Workbook	Workbook	Free time	Free time
12:00p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00p	Movement	Movement	Movement	Movement	Movement	Free / visits	Free / visits
2:30p	Admin/rest	Admin/rest	Workshop*	Admin/rest	CPRS / goals	Free / visits	Week prep
5:30p	Dinner prep	Dinner prep	Dinner prep	Dinner prep	Dinner prep	Dinner together	Dinner together
7:00p	Meeting	Meeting / group	Free eve.	Meeting / group	Meeting	Fun night	Reflection
8:30p	Reflect	Reflect	Reflect	Reflect	Reflect	—	—
10:30p	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

* Wednesday 2:30 PM = life-skills workshop (Month 2), boundaries workshop (Month 3), or transition planning (Month 4).

Appendix B: Intake Checklist — What to Bring & What We Handle

Bring

- Clothing for all weather (two weeks' worth is plenty to start) and comfortable workout clothes & shoes.
- Personal hygiene items and any prescribed medications in original bottles.
- ID, insurance card, and important documents (or copies).
- A journal if you have a favorite — otherwise one is provided.
- Photos or small comforts that make a room feel like yours.

We provide

- Bedding, towels, and laundry basics.
- Your copy of the Unyielding Grace workbook.
- Workout space access and starter supplies.
- Help scheduling medical, dental, and vision appointments.
- A buddy, a CPRS, and a house full of sisters.

Leave at home

- Alcohol, drugs, and paraphernalia — the house is searched at intake, with dignity and a witness.
- Anything you would not want your grandmother to see on the living room shelf.

Four pillars. Four months. One unyielding grace.

Pillars of Grace • Women's Supportive Sober Housing • Twin Cities, Minnesota

Pillars of Grace Program Guide