



HEALING WITHIN TRANSFORMATION CENTER™

— HEAL. PURPOSE. TRANSFORMATION.™ —

A Place to Heal.
A Plan to Grow.
A Future to Thrive.



WOMEN RESOURCE GUIDE

YOU ARE VALUED. YOU ARE STRONG. YOU ARE NOT ALONE.

This guide is designed to help women find support, encouragement, and resources for every season of life. You are seen, you are loved, and you were created for more.

She is clothed with strength and dignity; she can laugh at the days to come.

— PROVERBS 31:25 (NKJV)

YOU ARE NOT ALONE.

- You are seen.
- You are valued.
- You are loved.
- You have purpose.
- You are strong.
- You have what it takes.



IMMEDIATE HELP & 24/7 SUPPORT



988

SUICIDE & CRISIS LIFELINE

Call or Text 988
Chat online at 988lifeline.org
24/7 free and confidential support.



211

INFORMATION & REFERRAL

Dial 211 or visit 211.org
Connect to local resources for housing, food, healthcare, and more.



CRISIS TEXT LINE

Text HOME to 741741

Free, 24/7 support for any type of crisis.

A real person is here to help.



NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233)

Safety, support, and resources for you or someone you care about.



RESOURCES FOR WOMEN



WOMEN'S SHELTERS & HOUSING

Safe places and transitional housing for women and children facing homelessness.

Find help at local shelters or call 211.



EMPLOYMENT & CAREER HELP

Job training, resume support, and career coaching to help you reach your goals.

Visit careeronestop.org



FINANCIAL EMPOWERMENT

Budgeting help, financial coaching, and resources to build your financial freedom.

Visit nfcc.org



MENTAL HEALTH SUPPORT

Counseling, therapy, and support groups for emotional and mental wellness.

Find a provider at psychologytoday.com



LEGAL HELP FOR WOMEN

Free or low-cost legal assistance for family law, custody, divorce, and more.

Visit lawhelp.org



SUPPORT GROUPS & COMMUNITIES



MENTAL HEALTH AMERICA

Support groups and mental health resources. mhanational.org



POSTPARTUM SUPPORT INTERNATIONAL

Help and hope for moms. postpartum.net



BLACK WOMEN FOR WELLNESS

Healing and wellness resources for Black women. blackwomenforwellness.org



BREAST CANCER RESOURCE CENTER

Support and resources for breast cancer survivors. bcrf.org



FAITH-BASED WOMEN'S GROUPS

Find a women's ministry or small group at your local church.



PRACTICAL STEPS TO MOVE FORWARD

- Ask for help when you need it.
- Take one step at a time.
- Set small goals and celebrate progress.
- Keep learning and growing.
- Stay connected to your faith.
- Believe in yourself.

Progress, not perfection. One step can change your tomorrow.



DAILY DECLARATIONS

- I am a daughter of the King.
- I am strong, I am capable, I am enough.
- God is working all things for my good.
- I walk in peace, purpose, and power.
- I release what no longer serves me.
- I am becoming the woman God created me to be.



YOU MATTER.
YOU HAVE PURPOSE.
YOU ARE BECOMING.



SCRIPTURE FOCUS

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

— JEREMIAH 29:11 (NKJV)



KEEP GOING. GOD IS WITH YOU.

- Trust God with your journey.
- Lean on your support system.
- Keep showing up for yourself.
- Your breakthrough is on the way.
- You are never alone.



You are worthy of love, peace, and a beautiful future.



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