



Naomi's Grace Foundation is a non-profit organization rooted and driven by FAITH that is formed to provide support, healing, and restoration to natural born women between the ages 18-30 years who have experienced, brokenness, abuse, poverty, neglect, rejection.

This program is for women who have been abandoned, condemned, and have even given up on themselves and on the possibility of having a meaningful and purposeful life.

### **Requirements:**

*\*You must present a demonstration of need with a letter from a reputable individual or pictures of situation, etc.*

*\*One reference from non-family member which is optional if it's the same person doing demonstration of need.*

*\*Complete a physical/medical that is paid for by Naomi's Grace.*

*\* You must commit and successfully complete all training for at least 3 of the pillars (a certificate will be issued at the end of each training course).*

*\* Must be willing to provide testimonial and pictures.*

Naomi's Grace is here to encourage and provide support, financial and otherwise.

We are here to encourage and direct you to an alternative path for success, pursuit of purpose and peace. Entry into the program must be voluntary and you must sign a commitment agreement. You must want a change and/or be willing to be supervised and mentored.

Naomi's Grace has created a Training and Mentorship program called:

*'REST' – Restore, Elevate, Secure, and Transcend* founded on the scripture

Ruth 3:3 –"Then Naomi her mother-in-law said unto her, my daughter, shall I not seek rest for thee, that it may be well with thee?"

Our program seeks to take you through a journey of restoring peace, joy, and purpose, positioning you to embrace the new life, and to seek and maintain a renewed mind and outlook, to be secured in this renewed identity and purpose and to apply all you have learned to all aspects of your life for the rest of your life. This program is characterized by Regular Engagement, Support, & Training. The program is for 18 months and includes housing and access to the training resources.

The program is characterized by five restoration pillars:

## A) Spiritual Restoration

Our goal for spiritual restoration is to teach discipline as it pertains to your spirit. We will address broken areas and rebuild starting with your foundation. We expect wholeness and freedom and the releasing of any restraints that would subject you to bondage. This part of the program will be a continual process that will transcend your time here at Naomi's Grace.

## B) Relational Restoration

The aim of the relational restoration arm of the program is to break unhealthy behavior and relationship cycles and develop coping skills for dealing with addiction, mental health, and relational issues. Healthy social relationships are an integral part of a stable support system. You will have access to group and individual therapy, counselling, and a provisional housing program.

## C) Financial Restoration

We understand that money management is rarely taught and especially to those whose norm is financial difficulties. With no understanding about how to make and maintain good financial management, access to important resources will be limited, cause stress, and increase emotional struggles. To prevent, and in some cases combat this, we offer you access to financial literacy resources, so you can learn essential life skills.

## D) Health Restoration

**Physical Health:** Good physical health is invaluable to emotional and mental wellness. Our treatment and transitional housing program provide nutritionally balanced meals and helps clients build healthy eating habits with the guidance of a dietitian.

**Mental Health:** We will also focus also on how you approach life and crisis mentally. Counseling sessions will be mandatory weekly for the first 90 days to establish healthy boundaries, goals, and coping strategies. After 90 days, counselors will be available by appointment to all who feel they need additional mental support.

## E) Career/Purpose Restoration

Pursuing one's career or God given purpose is more than simply having a job. A career is rewarding and contributes enormously to the fostering of high self-esteem, self-worth, security and stability. We provide vocational assessment, training, resume building skills, job search skills, and entrepreneurship workshops before graduating.

A large, elegant, handwritten-style word "grace" is centered on the page. The letters are fluid and cursive, with a decorative horizontal flourish or underline extending from the top of the 'g' and the bottom of the 'e'.