



Empowering women to contribute to society

Featured Sponsored Ministry: SisterHouse

Prayer Intention: Pray that our vision for the restoration of SisterHouse be met so that we may continue our mission of providing services for women in need. Furthermore, may God continue to bless our efforts of sharing the SisterHouse message of hope and courage to future generations.

SisterHouse

SisterHouse is a faith-oriented community of women which offers a temporary home to women seeking recovery from substance abuse. In a secure environment of respect, order and peace, the residents are helped to achieve responsible independent living. The women are offered opportunities to grow in self-esteem and spiritual maturity, empowering them to contribute constructively to society.

A few words from two of our priceless pearls



Suzanne Jackson



I arrived at SisterHouse Nov. 13, 2013. Fortunately for me, I needed no more convincing that this was the place for me.

There was no doubt in my mind that SisterHouse had what I needed: structure and support.

Structure reintroduced me to living a life free of drugs and alcohol, and support helped me along the way. From day one, I have been made to feel welcome. Of course there have been some uncomfortable situations. Through experiences I have learned that being grateful takes action. Every day I wake in my bed, in my own room and I am grateful. Do I always act grateful? No! But that does not change the fact that I am. As God has not given up on me, neither has SisterHouse. I have been encouraged to step out on my dreams so that they may become my reality. Am I where I want to be? Of course not, but with the assistance of a great group of women I am much closer than I ever thought possible.

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I'm currently living at SisterHouse and doing very well, but it wasn't always like that. My story started the 24th of March 2014. I was homeless, feeling worthless, confused and just had nowhere to turn. So I turned to the only person I knew - God. I cried out to him with a heavy heart! With the help of God I picked myself up and went to detox. My counselor suggested SisterHouse and that was the best suggestion I could have followed.

I never dreamed I could ever have what I have achieved.

Ms. Rochelle (Sims) played a major role. She provided structure for me to follow, and she taught me how to be a lady as well as a productive member of society. I went through the three phases of the program which include the job readiness program (CARA). I have a very good job with benefits and I've learned how to be dedicated



Joyce Bell



to something worth having. I owe it all to SisterHouse. Thanks to everyone who played a part in my new life especially God who heard my cries.

— “Recovery is Possible” Three-Phase Program —

Phase I: 3 Months

The program begins with the three months of 12-hour intensive outpatient therapy and study of the first five steps of Alcoholics Anonymous, five to seven AA meetings per week, adult education classes and an introduction to communitarian lifestyle.

Phase II: 3 Months

The women set individual goals that help them to focus on recovery and gain a sense of community. The women are referred to a job readiness program where they are extensively trained and given best practices on how to dress for success, create/update resume(s), computer/typing skills and job

training/search. The residents continue to study the Twelve Steps and attend four to six AA meetings per week. Residents also practice time and money management over the course of these three months.

Phase III: 6-12 Months

The women develop a network of supportive relationships for their lifelong process of recovery as this aspect of our program focuses on job search, employment opportunities, finance management, housing search and the reunification of families. The elements of support and challenge continue as we assist the women in creating short and long-term goals for their future. ■

“Recovery is Possible” data: <http://www.sisterhousechicago.org/Program.html>