

PAPA'S House

Prayer – Action – Purpose – Accountability – Service

The Three Phases of Transformation

A journey from survival to stability, purpose, and independence.

At Papa's House, women walk through a structured, supportive program designed to foster healing, personal growth, and long-term independence. Each phase builds on the last—helping her move from crisis to confidence, and from healing to purpose.

Guided Reading & Personal Growth

Throughout the program, women participate in guided reading and discussion that supports healing, spiritual growth, emotional awareness, and personal development as they work through life's challenges together. While the reading list may seem extensive, women are encouraged and supported by staff, mentors, and group discussion throughout the process.

The Guided Reading List is completed by all participants during Phase 1, typically within the first 3–4 months of the program. During Phase 2, additional books and studies are tailored to each woman's personal needs and goals.

- *Untangle Your Emotions*
- *Boundaries and Goodbyes*
- *Soul Detox*
- *Forgiving What You Can't Forget*
- *Me and My Big Mouth*
- *Get Out of Your Head*
- *Women of the Bible*
- *10 Ordinary Bible People Like Me*

PHASE 1

From Surviving to Thriving

Personal & Spiritual Growth

- Grow in self-awareness
- Discover healthy coping skills
- Learn to process emotions and experiences in healthy ways
- Learn to respond rather than react
- Understand emotions and healthy responses
- Learn how to live in community

- Understand and practice healthy boundaries
- Explore identity, interests, and strengths
- Begin to understand God's love and grow in trust of Him

Practical Life Preparation

- Work closely with a mentor
 - Obtain essential documents, benefits, medical care, and resources
 - Full participation in the program (no outside employment)
 - Daily household responsibilities
 - Weekly community service projects
 - Attend weekly church service
 - Attend 2 recovery meetings a week
 - Complete required classes
 - Weekly staff check-ins for support and progress
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PHASE 2

A Time to Heal & Discover Purpose

Personal & Spiritual Growth

- Experience healing and emotional restoration
- Grow in relationship with the Lord
- Gain personal strength, confidence, and direction
- Set life goals and begin building a plan for the future

Practical Life Preparation

- Work closely with a mentor
 - Set personal goals
 - Encouraged to work part-time or take classes
 - Daily household responsibilities
 - Weekly community service projects
 - Complete studies tailored to personal needs and goals
 - Attend weekly church service
 - Attend 2 recovery meetings a week
 - Weekly staff support and check-ins
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PHASE 3

Preparing for Re-entry & Ministry

Personal & Spiritual Growth

- Grow deeper in relationship with God
- Strengthen personal stability and confidence
- Set future goals and take steps toward them
- Reflect on and write her personal story

Practical Life Preparation

- Work closely with a mentor
 - Transition into full-time employment when ready
 - Continue daily responsibilities
 - Weekly community service projects
 - Attend weekly church service
 - Weekly recovery meetings, depending on work/school schedule
 - Weekly staff accountability and encouragement
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A Journey Toward Wholeness

Each phase is designed to provide structure, support, and spiritual grounding as women move toward independence. Our hope is that every graduate leaves with a strong foundation, a renewed identity in Christ, and the practical tools needed to build a stable, purposeful future.