



National Women's Shelter Network, LLC

## Post Exit Follow Up and Programs to Secure Hard Earned Successes



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### Three Programs That Lead to Progress

The Haven of Grace, for up to 13 years, fills a need in the community to help women who are pregnant and homeless. We provide a place to live, educational programs, and long-term support to families with the goal of breaking the cycle of generational poverty.

#### **Maternity Care and Support**

- Shelter, nutritious meals, access to individual and group psychotherapies, prenatal and postnatal medical care and case management based on self-directed goal setting.
  - Full term deliveries
  - Healthy birth weights >6.5 Lbs.
  - Mother and child celebrate first birthday
  - Mother begins her journey to independence

### **Transitional Housing +/- Two Years**

- Furnished apartment on shelter grounds for a mother and up to four children under age 12, continued case management support and access to wrap-around services, financial literacy and incubation for community living readiness.
  - Develops good bill paying habits
  - Works full time
  - Saves 30% of salary
  - Manages daily challenges of parenthood
  - Social and emotional experiential learning for families

### **The Haven Difference - Reduce Homelessness Recidivism**

- Holistic support to the family for up to 10 years after a child was born while living at The Haven of Grace.
  - Case management via home visits - support system
  - Continued access to mental health services and family counseling
  - Occasional rent and utility bill help
  - Introduction to career options and planning - vs- job readiness
  - Positive Parenting Support
  - Access to wrap around services
  - Family friendly educational activities that encourage attainment of good social skills and a curiosity for learning

The Haven of Grace recognizes that each of our moms is an individual on a distinct journey. Advocates meet them where they are to aid with immediate needs and to foster an environment where they can be motivated to self-determination for the achievement of generational liberation.



The Haven of Grace  
St Louis, MO  
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