Troy's Beauty and Barber in San Bernardino pampers women in rehab

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Carolina Ramos gets her hair styled at Troy's Beauty and Barber Salon in San Bernardino on Tuesday. The shop provided free hair styling for 20 women from the Time For Change Foundation's women's shelter as an act of community service. (Gabriel Luis Acosta/Staff Photographer)

SAN BERNARDINO -- Cecilia Mancinas waited nervously Tuesday morning for a stylist to do her hair. The 30-year-old Time for Change resident had never been in a salon before - had never had her hair professionally styled.

"I've lived at Time for Change Sweet Dreams shelter for two months," she said. "I'm in transition and getting my son back."

Time for Change Foundation is a San Bernardino-based shelter offering support services to homeless women and their children in a clean, homestyle environment. Its whose homeless and paroled women get a second chance.

On Tuesday, Mancinas and seven other women and their children walked in the comfort of Troy's Beauty and Barber in San Bernardino.

The women were about to experience the inaugural Giving Back Day, as salon owner Troy Ballard planned to give back to the community.

During the day, the women would be pampered - just in time for Mother's Day - by having their hair cut and colored, while they enjoyed catered breakfast and lunch, and received gift bags and flowers to take home.

Seven professional stylists were volunteering their time to do the women's hair, according to Ballard, who has been a salon owner in San Bernardino for 21 years, prior to opening Troy's two months ago.

"I asked myself, if this salon closes, will the community miss me," he said. "This time around, I want to give back to people who really need it - people at Time for Change. It's a little boost for them before they go back into the community."

All the women who were having their hair done Tuesday planned to begin the interviewing process for jobs and appreciated the self-confidence a new hairstyle would give them.

"Also, it's almost Mother's Day and these women are moms," Ballard added.

Three different hair salon product companies donated shampoo and conditioner, the Ladies in Motion donated the gift bags, and catered food included fresh bakery goods from nearby Noyes Bakery.

Kim Carter is the founder and executive director of Time For Change Foundation.

"A lot of these women are coming off the streets or out of jail," said Vanessa Perez, civic engagement specialist for the nonprofit foundation.

"This day is very special to them and they really appreciate receiving confidence on the outside as well as the inside when they go out there for job interviews," Perez said.

"Kim is the bomb - everything she and her staff have done for me has been so good," said Caroline Ramos, 35, another Sweet Dreams resident.

"She gives me hope," said Ramos, who had been incarcerated three years at the California Institute for Women.