



# THE ROAD TO CHANGE

“We call it Homes, Others call it Hope”

Volume 10 Issue 1

Spring 2018

## Keeping Mothers and Children Together

By the age of 9 years old Joanna was already well acquainted with alcoholism, domestic violence, rejection and abuse. These were the key ingredients that contributed to the many years to follow where drug abuse and violent relationships ran rampant in her life. It was what she knew best.

As the days, months and years passed by in her seemingly normal life she couldn't understand why, even though she was feeding and clothing her children, her relationship with them grew into a “through the door” kind of parenting. Crystal Meth was her master and she was its slave. Abusive relationships were what she understood as love. The abuse and rejection that she experienced as a child had her convinced that this lifestyle was completely normal, until the day that her children were stripped away from her. It was then that she realized something just wasn't right and it was time to make a change.

After having lost custody of her children, Joanna was also facing the threat of losing her new unborn child. She realized that she was powerless and needed outside help. Feeling hopeless, ashamed, isolated and alone she took the first step and admitted herself into rehab. After completing a 90-day rehabilitation program she came to, Time For Change Foundation, determined to get the help that she needed to finally break the chains of bondage that had taken over her life.

Since arriving at Time for Change Foundation, our case management team has worked diligently to create a personal case plan that would help her to reunify with her children, develop the life skills that would help her obtain self-sufficiency and create a better life for herself.

From the moment Joanna walked through the doors of TFCF's emergency shelter, she has not looked back. She has willfully and fervently embraced the structure, motivation and support offered to her, resulting in the achievement of just a fraction of the many milestones that she will reach. So far she has successfully completed and received certificates for, her 90-day program, Life Skills, Relapse Prevention, 12 Step Education, and Domestic Violence.

On March 3<sup>rd</sup>, Joanna delivered a beautiful baby girl named Faith. Because of her participation in Time for Change Foundation, Joanna was allowed to **keep her newborn baby!** She has regular visits with her other children and her life is changing right before her eyes.

“Time for Change Foundation has given me a better perspective of life! They have shown me a different way to look at life,” said Joanna, “I'm so thankful.”



## MISSION

To empower  
disenfranchised low  
income individuals  
and families by  
building leadership  
through evidence-  
based programs and  
housing to create self-  
sufficiency and  
thriving communities.

## IN THIS ISSUE

Homeless to Happiness  
Women's March 2018  
Women Empowered Through Self Defense  
James Irvine Supports TFCF Expansion  
Thank you!



# Women's March 2018

Something powerful happens when women come together for a specific cause. In January thousands of women (and men) of the Inland Empire gathered together for the annual Women's March in Riverside. It was a day of liberation as the women of Time for Change Foundation stood together in unity to support one another.

For too many years, women have been silenced, lacked equal opportunities, and have been treated as less than. It is time for women to step up— and speak out against the unfair treatment, and inequality. Women who have been incarcerated, suffered through poverty, and homelessness have rights, and deserve equal treatment. An extremely empowering speech was made by our Director, Vanessa Perez. “Just because women have past criminal records, or have been homeless, doesn’t mean that they don’t matter!” Vanessa declared. “When they deny us for housing and job opportunities, it’s Time For Change!”

TFCF’s Ambassador, Kim Carter, also rallied the women of the Bay Area at Oakland’s Women’s March. “We stand directly on the shoulders of our elders, and all of those who fought for equality before us. The fight is not over!” Kim exclaimed, as an enthusiastic, and empowered crowd cheered her on. “I stand directly on the shoulders of Harriet Tubman...and the same way she said she wasn’t going to be shackled anymore, and enchain’d anymore....neither are we!” said Carter.



## Women Empowered Through Self Defense

Time for Change Foundation opened our home to welcome women from all sectors to participate in a one-day self-defense training session. Professional trainers from Self Defense Fit Lab conducted the free training session for women from the local business community, public and private sectors, and local colleges and universities. “It was an incredible learning experience. You can never be too prepared when it comes to safety,” Phyllis Scott, TFCF’s Director of Operations said of the event.

As the world begins to recognize the violence against women that occurs every day in the workplace, in the home and in our community, it’s important that women are prepared to defend themselves and think proactively about ways to eliminate their risk factors. “TFCF is proud to advance the cause and empower women from across this county!” said Perez. We would like to thank Self Defense Fit Lab and Fodada clothing company for partnering with us to train our women in self-defense!



# James Irvine Foundation Supports TFCF Expansion

Each year, The James Irvine Foundation presents its Leadership Awards to recognize individuals and organizations displaying a commitment to innovation and a record of success in improving people's lives, creating opportunity, and contributing to a better California. This year the Foundation honored 6 recipients including our very own, Kim Carter. Each recipient's organization receives support that merits expansion, replication, or policy support, and helps recipients share their approaches with policymakers and practitioners.

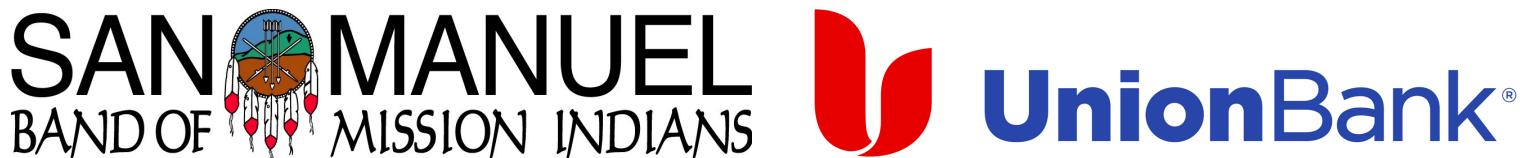


"The Leadership could not have come at a more perfect time," said Director Vanessa Perez. "Our Ambassador, Kim Carter, recently relocated to the Bay Area to expand on the successful model that ends homelessness for women and children." People might remember that Kim Carter was also named as one of CNN's Top 10 Heroes for the work she does with helping women reunite with their children in one of her many housing programs, in addition to Governor Jerry Brown awarding her a full governor's pardon on December 26th, 2017.

"These innovative Californians and the organizations they lead offer hope and inspiration each year," said Don Howard, President and Chief Executive Officer of The James Irvine Foundation. "In a time when so many challenges seem intractable, it is our privilege to spotlight effective leaders advancing solutions that create real change in our state."

Howard and representatives of the Foundation joined California policymakers and others to honor the award recipients at a reception in Sacramento on February 28, including remarks from Sacramento Mayor Darrell Steinberg.

## Thank you to our major funders and donors!





Time for Change Foundation  
P.O. Box 25040  
San Bernardino, CA 92406

Non Profit Org.  
U S Postage Paid  
San Bernardino, CA  
Permit #3079

#### DONATION INFORMATION

*We are always accepting  
donations to continue servicing  
those who need it most.*

You can mail, call, or visit our website:

Time For Change Foundation  
P.O. Box 25040  
San Bernardino, CA 92406  
Phone: 909.886.2994  
Fax: 909.886.0218  
[www.timeforchangefoundation.org](http://www.timeforchangefoundation.org)

OR CURRENT RESIDENT

#### **Follow us on Social Media**

Email: [Info@TimeForChangeFoundation.org](mailto:Info@TimeForChangeFoundation.org)

[Facebook.com/timeforchangefoundation](https://www.facebook.com/timeforchangefoundation)



[Instagram.com/timeforchangefoundation](https://www.instagram.com/timeforchangefoundation)



[Twitter.com/TimeForChangeFD](https://twitter.com/TimeForChangeFD)



[Youtube.com/timeforchangefoundation](https://www.youtube.com/timeforchangefoundation)



#### *We Are Looking for Individual & Corporate Volunteers*

- Help plan birthday parties
- Decorate a family's new apartment
- Teach a nutritional cooking class
- Join our parking lot painting project
- And MUCH more!

Check out other projects that you can get involved with at:

[www.timeforchangefoundation.org/makeadifference/volunteer](http://www.timeforchangefoundation.org/makeadifference/volunteer)

Ph. 909.886.2994 | PO Box 25040 San Bernardino CA 92406

All Donations Are Tax Deductible Tax ID #52-2405277