



Creating Lasting Change

We call it Home, others call it Hope.

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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.



My name is Starquisha Dunn. In my 29 years of life, I have faced significant challenges. As a drug baby coming from a difficult family background, I have suffered from mental illness all my life and was abused in the foster-care system.

After my one and only child was taken from me and put into the system seven years ago, I was devastated. Soon after, he was adopted out and the little life that I had left in me was gone. I couldn't find a drug strong enough to hide the pain. My whole life was taken from me, I lost faith in God, and my family gave up on me.

I was hurt and alone and had no one to turn to. Drugs and incarceration were all I knew. I was in and out of jail and after I paroled in 2020, I caught another case. I looked for programs that could help me get my son back and I found Time for Change Foundation (TFCF). I saw their flyer while in jail and when I was released in 2021, I called and went straight to TFCF.

Even though I have been through a lot, I am determined to turn my life around and become somebody by the time I turn 30. With the help of Time for Change Foundation, I have found the support and resources that I need to achieve my goals.

Time For Change literally saved my life by believing in me and allowing me to be a star. They helped me gain the stability I needed to turn my life around forever and are constantly reminding me of who Star is going to be.

Time for Change Foundation has helped me in my journey towards personal growth, self-sufficiency, success, and happiness. After cycling in and out of almost every program in San Bernardino County including incarceration, I moved into my own apartment in February 2023. I am finally on the path to becoming self-sufficient and would not have gotten here without the help of TFCF.

I hope that my story inspires other women with similar stories to seek out resources and support from evidence-based programs that are changing and saving lives every day. My progress is my success. Where there is no progress, there is no success.

Fall in love with the process of becoming the very best version of yourself.

-Star Dunn

Self-Sufficiency Successes

Melanie's Story



Due to unforeseen events, Melanie, a mother of three children ages 18, 12 and 9, was separated from her children and husband in 2020. After becoming homeless she began living out of her car in 2021. This caused Melanie to go into a deep depression which led to an addiction to meth and alcohol. Her life became unmanageable and she grew tired of using and abusing drugs and alcohol. Melanie decided to seek residential treatment at Gibson House, where she resided for four months and completed the program. She transitioned to a sober living home for another ninety days to continue in her recovery, however those ninety days were not enough time to allow Melanie to become self-sufficient. As an effort to not become homeless yet again, she called 211 and was led to Time for Change Foundation (TFCF). After completing the intake screening over the phone she was scheduled for a face to face interview where she was further informed on the program and determined to be a great fit!

Melanie says **it was by the grace of God** that she was able to take part in the TFCF shelter program. At TFCF she gained structure, confidence, discipline, and the trust in herself and others that she lost long ago. Wrap around services like financial literacy classes, taught her how to save money and budget. Workforce development taught her how to build a resume, look for jobs, apply for jobs, and prepared her for interviews. The relapse prevention classes have helped Melanie understand the disease of addiction and how to recognize red flags and triggers. Other classes that assisted in her journey include anger management, life skills and Clay Counseling where she's able to discuss and work through past trauma.

Melanie is now well on her way to being 100% self-sufficient and recently transitioned into her own apartment! Melanie pays it forward by volunteering in the Time for Change Foundation office, staying productive and improving her office skills, while also being a testimony to current clients. She has remained sober, 1 year, 3 months and 20 days! She's active in her recovery by attending AA/NA meetings regularly. Melanie has also made great improvements in her relationship with her children. She spends every other weekend with them and her family. Establishing and maintaining healthy boundaries has been a major tool in her journey. A tool that she now uses to continuously improve.

Melanie thanks Time for Change Foundation for the support and love bestowed unto her in her lowest moments. A few goals at the top of her list include staying sober and staying connected to her TFCF family!



Advocacy & Leadership Development



**FIGHTING
FOR OUR
BABIES!**

What do we want? Reform!
When do we want it? **Now!**

Time for Change Foundation joined forces with local advocacy groups to stand up and make our voices heard. Family separation is a cruel practice, one that we must fight to end. The CPS system affects the overall health and wellbeing of women and children, negatively affecting the core of communities. Data shows that children that go through the system suffer more mental health issues and ultimately end up in the criminal Justice system. Helping to reunify children back with their moms proves increased mental & emotional health and success in school.

We will continue to fight at state and local levels.
We won't stop until we see change!



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promoting equity, advocacy and access

Thank you to the funders of our

WORKFORCE DEVELOPMENT LEAP PROJECT

Timothy's Story

While at the parole office Timothy met Ms. Phyllis, TFCF Director of Operations. She shared with him about the LEAP Project and how it could benefit him. This caught his attention. Not long after their meeting, Timothy was enrolled in the LEAP Project.

Before enrolling in the LEAP Project Timothy didn't have many people he could count on. As part of the LEAP Project, he was assisted with gas cards to be able to go on job interviews, work clothes, boots, and shelter.

Since graduating from the 12-week work readiness program, Timothy is now gainfully employed as a forklift driver. He can now provide for his family as they prepare to move into their new home and welcome a new baby.





NOW OPEN!



The Black and Brown Opportunities for Profit (BBOP) Center is a business incubator that provides access to office space, high-tech resources, capital opportunities, networks and education that black and brown women entrepreneurs need to build, grow and scale successful business.

SCAN TO LEARN MORE



Positive Family Future Reunification (PFFR) Success

Jacque's Story



Jacque celebrating 1 year sober.

This is my story. It's not a Once Upon a Time kind of story but it does have a happy ending. I was born and raised on a Native American reservation in Arizona. I had a rough childhood and endured abuse. I spent my childhood rotating in and out of foster care homes and going back and forth between both parents. I started doing drugs at the very young age of 12. I

started out smoking weed here and there and finishing my parents' drinks after their parties. As I got older, I tried other drugs ranging from acid, shrooms, and meth. I loved it! There was nothing more than to use at a young age. I did at least graduate high school and had my first son soon after. I could hardly take care of him, so my mom and stepdad stepped in. Soon after that I had my second son. I was in a very abusive relationship where my partner tried to kill me and my sons. That's when I started using crack cocaine and became very addicted. Thankfully, I was able to escape that relationship. Due to my addiction, I was constantly in and out of jail. At one point while out of jail, I had my third son. Still in a very addictive state of mind, I could not stop for the sake of my life. Fast forward, I had two more children while battling addiction. I caught a violent case in 2018 and in 2019 I lost custody of my two youngest children. I also lost the respect of my family and my older children. People only wanted me around if I had drugs. I didn't care about my kids. I tested dirty and was caught shop lifting causing me to serve one year in federal tribal jail. Once released, I went on the run for just about four years on our Indian reservation. I thought I was untouchable until September 25, 2021 when I was finally busted. I violated probation by having drugs, weapons, and a lot of money. I was sentenced to 365 days in county jail, but if I completed a substance abuse program I would serve half. I did exactly that and was released on February 7, 2022! I was sent to probation housing. Due to my mental illness and the nature of that program, it was not the right fit for me. I was moved to housing for people with mental illness. When I tell you there was no structure, I mean, there was NO STRUCTURE at all. I was on the verge of relapse and I was ready to throw in the towel until while at court ordered class, I had confessed that I was on the verge of relapse. I actually had the drugs and pipe on me at that class. I confessed that I did not care about what would happen to me, I did not care

about my kids then in foster care. My instructor pulled me aside and jotted down in my journal TIME FOR CHANGE FOUNDATION (TFCF) and the phone number. I called TFCF and I was instructed to fill out the online application. I talked to the homeowner of where I was staying, and I told her exactly what I felt about the unstructured program. I told her about the relapse I was intending on having and that I didn't feel safe there. She understood completely. I received a phone call the next day from TFCF and scheduled a face-to-face interview. I GOT ACCEPTED! I was instructed to come with all my belongings the very next day. I couldn't believe I had the opportunity to be involved with a very well-known organization. When I got this great news, I THREW THE DRUGS AWAY! I came to TFCF with a different outlook on my life. I had so many struggles with recovery and with my children, and I really needed a change. During my time in the program, I've learned so much about myself, like how strong and smart I am. I didn't know I could accomplish the goals I set for myself. I have achieved so much. I've learned about my recovery, I've learned about my flaws, and I learned that my past does not define me! The staff at Time for Change Foundation goes above and beyond for me. **TFCF HELPED ME REUNITE WITH MY CHILDREN!** It had been two years since I had my children in my care and TFCF took a leap of faith with me. I feel without the Time for Change Foundation program, I would have lost my children in the system for good and I would have gone back to prison. Not only do I have the support from the TFCF staff, but I also gained the support and respect from my family. Most importantly, I have been able to fix the broken relationship between myself and my three older sons. I have a great deal of respect and love for the Time for Change Foundation staff.



Jacque reunited with her children.



SELF-REFLECTION

We don't always like what we see when we look in the mirror. The mirror activity was a time of self-reflection. The good, the bad and the ugly. They then revisited the mirror at the end of the retreat and poured into themselves positively.

FOCUS

The retreat allowed the ladies time to take a break from all the hard work they do every day. They were able to focus on self which is critical to continue on their journey to self-sufficiency.

ENCOURAGEMENT

The ladies agreed that the hot seat activity was one of the most difficult but also rewarding. Accepting love and encouragement from their fellow TFCF sisters was something most were not used to and had to open up to.



G.L.O.W Project

The Girls Leading Our Way project also attended the Women on the Rise Empowerment Retreat. Keeping in mind that these young ladies encounter their own unique challenges, we provided privacy and comfort to speak and share openly. We understood how important it was for the ladies of G.L.O.W to also have this time to self-reflect, focus and be encouraged.



The painting activity is what the young ladies enjoyed the most. For them being able to focus solely on their creation was a positive escape and time to reconnect with themselves.



Time for Change Foundation

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OR CURRENT RESIDENT

You can mail, call or visit our website

www.TimeForChangeFoundation.org

Phone

909.886.2994

To date we've helped over **3,300** homeless women and children reach self-sufficiency AND have reunited **319** children out of foster care back with their mothers!

**YOU ARE CORDIALLY INVITED
TO ATTEND...**

*Time for Change Foundation's
21st Annual Awards Gala*

"Unmasking the Future"

A STAR STUDDED MASQUERADE

Individual Ticket \$150

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Sponsorship Deadline: April 5th, 2022

EMAIL YOUR AD IN JPEG FORMAT TO:
JRANGEL@TIMEFORCHANGEFOUNDATION.ORG

Friday April 14th, 2023
Social /Check-In 6pm-7pm
DOUBLETREE BY HILTON HOTEL
222 N. VINEYARD AVE, ONTARIO, CA 91764

TO REGISTER VISIT WWW.TIMEFORCHANGEFOUNDATION.ORG OR SCAN THE QR CODE

