



SISTERS
OF
SOLACE

MID YEAR UPDATE



“What does the Lord require of you but to act justly, to love mercy, and to walk humbly with your God?”

-Micah 6:8

A NEW CHAPTER OF HOPE

Dear Friends,

I wish each of you had the opportunity to know the women in our program personally. There is something truly remarkable about watching a woman fight through the pain of her past and choose healing. Their progress is hard-won. The courage, resilience, and determination it takes to overcome addiction, trauma, exploitation, and loss inspires me every single day. It is an honor to walk alongside them, and I wish you could see firsthand the incredible transformation your support makes possible.

HOW ARE THINGS GOING?

Our home is currently full, with nine women actively participating in our program. Over the last six months, we have experienced very little turnover. Only one sister left the program.

When a woman leaves before she is ready, it is difficult for everyone. Recovery is rarely a straight path, and sometimes a trigger or challenge derails progress. It is heartbreaking for the women in the house and for our team. The bonds formed here are deep and genuine. When we say "Sisters for Life," we truly mean it.

She took a piece of our hearts with her, along with countless prayers. We continue to hold hope for her future and trust that the seeds planted during her time with us will continue to grow.



CELEBRATING PROGRESS

Our ladies have been busy accomplishing incredible things this year. Here are just a few highlights from the first half of 2026:

HIGHLIGHTS

- Every woman in Phase 2 or higher is either employed full-time or attending school.
- Our residents have completed more than 125 hours of classes in boundaries, conflict resolution, relapse prevention, art therapy, life skills, and woodworking.
- Three women are currently working toward their high school diploma, and one proudly graduated.
- Together, our residents have accumulated 123 months of sobriety.
- One woman graduated from an intensive outpatient DBT program.
- Two women graduated from Drug Court.
- One woman purchased her own vehicle, while another was blessed with a donated car.
- One woman had her driving privileges restored.
- Families are being reunited through visits with children and family dinners—some for the first time in years.
- Women are paying off debt, learning to budget, and meeting financial goals.
- One woman courageously battled cancer and won.
- Two women successfully navigated major surgeries without relapse.
- We have seen remarkable growth in healthy coping skills, communication, and emotional regulation.
- Every one of these victories represents countless choices, difficult conversations, tears, prayers, and perseverance.

YOUR SUPPORT HAS MADE EVERY SINGLE ONE OF THESE MILESTONES POSSIBLE

125 HOURS
OF RECOVERY EDUCATION

123 MONTHS
OF SOBRIETY

GRADUATING
DRUG COURT

GRADUATING
HIGH SCHOOL

100%

Of SOS graduates are still independent
and financially stable

ELISABETH'S STORY

I was a homeless drug addict. I spent a lot of time in hospitals and on psych wards. I dropped out of school in the 6th grade. Life was hard, and honestly, it was scary. Most of the time, I didn't know what to do or where to turn.

What I needed was a place to heal. I needed safety. I needed time, peace, and people who believed in me when I couldn't believe in myself. My dad died, and the system separated us; our family was destroyed. I lost motivation and dropped out of school. When you're carrying that much pain, it takes a toll on your mental health.

SOS has changed everything for me.

I am growing so much and accomplishing goals I never thought were possible. In just six months, I went from having a 6th-grade education to earning my high school diploma. I didn't think I could do it, but my SOS family believed I could. They never gave up on me.

Now I'm making plans to become a CNA. I love caring for people, and I think I would be really good at it.

I'm also building career-readiness skills at Solace Market. To be honest, I had a pretty bad attitude about volunteering in the beginning. I didn't understand why it was important. Now I do. Through volunteering, I've learned so much, regained my health, and been given the time and space I needed to truly start healing.

One of the greatest blessings has been getting a fresh start with my family. Today, I have a relationship with my mom, my sister, and my little brother. I'm hopeful that I will be reunited with the rest of my siblings in the near future.

I plan to be the youngest and best graduate SOS has ever had. I'm committed to this journey, and I love my new life. I honestly don't think I've ever been happier.





A NEW CHAPTER ~ BLESSINGS OF SOLACE

Over the years, one theme has consistently emerged in the stories of the women we serve. The deepest grief many of our sisters carry is the loss of their children. Likewise, one of the greatest traumas their children experience is the loss of their mothers. We began asking ourselves an important question: What if we could surround a young mother with love, support, accountability, and resources before she loses custody of her children? What if we could intervene during her first pregnancy instead of after years of addiction, trauma, and separation?

We know our program works. We have witnessed healing happen. We have seen families restored. And we believe God is calling us to take the next step. **Today, we are excited to announce that Sisters of Solace is opening a second home dedicated specifically to mothers and their babies.**

Women in the maternity home will participate in the same comprehensive two-year program, completely free of charge. They will receive recovery support, life-skills training, case management, mentoring, employment and education assistance, parenting education, and a loving community—all while raising their children in a safe and supportive environment. We are incredibly grateful for a dear friend who generously donated a beautiful home that he spent years restoring and praying over. He dreamed that it would one day serve as a sober living home, and we are honored that he has entrusted it to Sisters of Solace.

Our team has been hard at work furnishing the home, developing programming, and preparing for this exciting new chapter. We are thrilled to welcome our first mother in July. When fully operational, the home will provide space for five mothers and up to ten children. There is still much work to be done, but we could not be more excited about what lies ahead.

“Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert.” -Isaiah 43:19

WE NEED YOUR HELP

How You Can Help

As we expand our mission to serve mothers and babies, we invite you to prayerfully consider how God may be calling you to partner with Sisters of Solace.

You can help through:

- Prayer
- Financial support
- Volunteering

Volunteer Opportunities

We currently have opportunities for volunteers to assist with:

- Transportation
- Organizing supply drives
- Furnishing and decorating bedrooms
- Coordinating supply drives
- Mentoring
- Housekeeping
- Teaching classes
- Advocacy and encouragement
- Weekly errands
- Meal preparation
- Maintenance and repairs
- Fundraising support
- Strong backs when something needs moved!

If you would like to learn more about volunteering, please contact our volunteer coordinator.

Karen Couldry at karenclimbers@gmail.com
or 816-(515) 577-2955

Thank You

Thank you for believing in the women we
serve.

Thank you for your prayers, your generosity,
and your partnership.



MOMENTS OF GRACE





3024 Frederick Ave.
St. Joseph, Mo. 64506
816-259-2316

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