

Reflections of a THI Graduate

When THI held its 20th Anniversary Luncheon last spring, Ms. Debra Lawrence, a then THI resident, had a very special role as server. A poem she authored was published on bookmarks shared with all those who attended the luncheon. Take a moment to read the keys to her success.

“Accomplished and Empowered”

By Debra Lawrence

There is real joy in accomplishment. My life of addiction was filled with unfinished business. Life at THI is allowing and enabling me to finish things. I'm able to learn to be an adult, finish growing up. I'm blessed to have help in completing my list of goals. I've been able to work on and accomplish short-term goals and make a good start at some of those that are long-term.

The program here at THI is designed for finishing things. It assists us in making a real start at a life of accomplishment and empowerment. Things like going back to school, being a good parent through parenting classes, becoming financially responsible through the financial awareness class, learning awareness of health issues and the importance of spirituality are possible.



Ms Lawrence is now employed full time at the Holiday Inn and resides in her own apartment.

Job readiness classes prepare us for the job market. We are taught to visualize ourselves in a more positive light, and develop a resume to allow others to view us positively as well. The accomplishment of gainful employment is key to our empowerment in the workforce. Home awareness helps us to recognize the need to be contributing homemakers, showing us that we also need a sense of community and that how and where we live is an important aspect of our development. THI has shown us that communication is important in all that we do. We learn through communication class how to convey our thoughts and feelings. We are shown ways to express ourselves and achieve better results. The ability to make ourselves understood is definitely empowering.

Recognizing illness, pain and resentment is an accomplishment. THI offers therapy to those of us who have admitted these issues to ourselves. After living lives that resemble train wrecks, to look at our lives now is truly empowering. Having been able to acquire some semblance of peace, calm and love in our lives is truly accomplishment.

***Accomplishment and empowerment requires work.** Work is good. We may not always like the work, however, work brings rewards. To be accomplished in anything is rewarding. To have reward in a life that has been torn by the wreckage of the past is in itself a blessing. All through the program at THI the facilitators are rewarding the participants with "awards" for accomplishment. The awards are pride-building tokens of love and affection poured onto the participants like cleansing, nourishing rain for wilting flowers. I thank THI for empowering me through accomplishment like a seed planted in spring and growing to fruition by harvest time.*



“Touching Hearts, Transforming Lives”
Transitional Housing, Inc. 1545 West 25th Street Cleveland, Ohio 44113
216 781-2250 TransitionalHousingInc.org fax 216 781-2252