



Rebuilding broken lives



Women's Recovery

Union Gospel Mission's residential recovery program for women and their children provides a safe and healing environment for them to break free from cycles of abuse, addiction and homelessness.

All program services are provided free of charge and include:

- Living accommodations for women and their children
- Three meals a day
- Case management
- Individual and group counseling
- Bible study and life skills classes
- Work therapy and job training
- Community support and accountability
- Basic medical and dental care

Change can be tough, but it is possible. Are you ready for it?

Call 208.665.4673 in Coeur d'Alene or 509.327.7737 in Spokane to attend the next orientation and learn how to enter the program.

Why UGM?

Addictions, abuse and homelessness can't be solved through keeping a set of rules. They require transformation from the inside out. At UGM, women explore the root causes of destructive behavior within a faith-based, safe and healing environment.

Our Christ-centered, holistic approach helps women discover their value and identity, and moms learn how to nurture that same sense of security and confidence in their children.

Long term

The LIFE Recovery Program involves a commitment of 18 to 24 months. After 30 days adjusting to community life and clearing their minds of drugs and alcohol, residents complete four phases of curriculum and therapy tailored at healing the wounds they previously numbed through addiction. The length of the program allows women to go beyond behavior modification to true healing for the body, mind and spirit.

Counseling

One-on-one and group counseling sessions are at the core of UGM Recovery. All residents go through process groups designed to uncover and address the root causes of their addictions. Women also participate in specific classes that address their individual needs, such as parenting, grief, domestic violence, post-abortion trauma and relationship addiction.

Accountability

Women are asked to evaluate their behavioral choices on a regular basis. Change comes about not through rules and punishment but through a trust-building, relational process that includes other residents.

Work

Chores, work therapy, vocational education and a business practicum prepare women for a productive life after the program. They explore their unique gifts and take practical steps toward a meaningful career in their area of interest.

Children

Children who have experienced instability and/or abuse also need special care and healing, and our Children's Program works with moms and kids together to promote healthy families. We also recognize having fun as a basic need, and women and families learn how to enjoy life together in healthy ways.

Transition

The entire program keeps the end goal in mind: A God-honoring, purposeful life that contributes to the community. Residents work with UGM Aftercare to build healthy community connections so they will have the support they need for ongoing recovery when they move out.