

About Light of Life

Mission

As a ministry of Jesus Christ, Light of Life will provide a home for the homeless, food for the hungry, and will build disciples for the Kingdom of God among the poor, addicted, abused and needy.

Light of Life is well-known for providing meals and shelter, but offering basic needs is only one aspect of a much broader, multi-faceted mission. Light of Life's primary goal is to save and transform lives.

Through God's blessings and the help of many faithful partners, Light of Life empowers men, women and children to overcome adversities and gain essential tools for lifelong achievement. What distinguishes Light of Life from many rehabilitation programs is its holistic, faith-based approach for effecting life change.

Components of the program include: addiction recovery counseling, transitional housing, education and career training, life and parenting skills, treatment referrals for mental health, activities for improving social skills, after-care and mentoring and other services. On-site care and family therapy are provided for children.

For more information, please call 412-258-6100 or visit www.lightoflife.org.

LIGHT of LIFE
rescue mission

saving lives

Light of Life Rescue Mission
P.O. Box 6823, 10 E. North Ave.
Pittsburgh, PA 15212

LIGHT of LIFE
rescue mission

Women & Children's Program



*And now these three remain:
faith, hope and love. But the
greatest of these is love.
1 Corinthians 13:13*

"They welcome people without judgment, but expect the best from us."

Speaking from the heart, Debra, a single mom enrolled in the **Women and Children's Program**, captured one of the core philosophies of recovery at Light of Life.

Established in 1990, the Women and Children's Program embraces homeless, single mothers and their children whose lives have been ravaged by addiction, abusive relationships and other devastating circumstances. Providing a safe home, food and other basic needs, the program stabilizes shattered families. However, these services are just the beginning of the life-changing care families receive at Light of Life.

Women in recovery gather for Bible study.



Impact of Recovery

"For me, it's knowing how to deal with life in a healthy manner," said Christine. *"I am learning about me and my life ... I have made some bad choices, but I've learned to recognize my pattern of self-destruction and get back on focus."*

Breaking free from the grip of addiction, women receive vital recovery counseling in a loving yet structured environment. Moreover, they are held accountable by staff members who take a deep interest in the success of each family under their care.

"The people that work with us really care. It is not just a job to them—it is part of their lives." - Latisha

Learning everyday life skills, like balancing a checkbook or developing coping strategies is equally important. Furthermore, women gain key education and employment skills, ranging from achieving computer literacy and a GED



The essence of recovery at Light of Life is the focus on Christ-centered living. Biblical teachings relating to practical life experiences help women develop a rich spiritual walk while discovering their unique God-given gifts.

to entering college and embarking on rewarding careers. Case management, treatment referrals, spiritual retreats and counseling groups round out a comprehensive course of care, equipping women to adopt positive standards of living to pass along to their children and future generations.

“If you really want your life back, you will be restored,” said Christine. “It takes a lot of commitment and being open-minded to listen to feedback—because it will save your life.”

All in all, the many facets of their recovery converge to empower women not only to attain self-sufficiency, but grow as loving parents, caring members of their community and disciples of Christ.



Children at Light of Life

From infant to adolescent, the children of the moms served at Light of Life experience the joys of childhood as well as the necessities to grow up healthy and strong. Thanks to hundreds of generous partners, the Women and Children’s Program provides kids all the essentials—food, clothing, toys, filled backpacks, holiday parties, a fully equipped daycare center—and much more.

In addition to material needs, Light of Life ensures that children who have come from tragic beginnings engage in opportunities to heal and move forward.

“The classes have helped my son and me to become closer than I could ever have imagined.” - Pam

Facilitated by a full-time family therapist, a *Children of Addicts* class teaches young people to understand the impact of their parents’ addiction on their lives and how to work through the effects in a safe, nurturing environment.

In correlation with the children’s class, similar services are provided to moms, too, helping them improve parenting skills while transitioning in their recovery.

Finally, field trips, picnics, art classes and other wholesome activities are offered to promote learning and social skills while strengthening bonds between mother and child.

“I learned it’s important to have discipline and love for yourself so you can build your relationship with your children. It helps me be a loving, patient mother and responsible parent.” - Christine

To learn more about Light of Life’s Women and Children’s Program or how you can make a difference in the lives of families in need, please call 412-258-6174.

