

## Frequently Asked Questions

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### Why is it called Birchwood?

- This tree symbolizes both new beginnings and growth. When a woman comes to live at Birchwood, it is our hope that she will take root and thrive in this new environment.
- The birch tree is one of the first trees to regrow leaves after the depths of winter, showing that a new season has begun. We believe this season of support will allow her to take next steps, preparing her and her family for all God has ahead for them.

### Who is the program for?

Pregnant or single mothers (18-40 years old) with young children who are in need of a stable community and are determined to make the most of every day in order to build a healthier future for themselves and their families.

### How long is the program?

The program is designed to support and equip residents to build skills and establish a sustainable future. The end goal looks different for each resident, so their length of stay may vary. Some residents may complete the program as quickly as four months, but residents are able to stay up to twelve months.

### What support does the program offer?

#### Financial:

- Rent free housing for up to 12 months
- Budgeting and financial planning
- Referrals to local resources

#### Emotional / Psychological:

- Life coaching sessions with staff
- Access to mentoring relationships
- Referrals to local agencies

#### Education:

- Education and baby supplies through the Living Alternatives parenting program
- Referrals to local colleges

#### Spiritual / Social:

- Voluntary bible study opportunities
- Mandatory monthly meetings
- Group social activities

### What are the expectations of Birchwood Residents?

- Remain committed to be an active participant of the program
- Keep consistent employment in preparation for life after the program
- Maintain a clean, organized space (routine room checks)

### What are some of the Birchwood “House Rules”?

- Absolutely no drug use (including marijuana) at entry or while in program
- No smoking or alcohol allowed on the premises
- No male visitors (over the age of 10 yrs old) & no overnight guests