



CURRICULUM GUIDE

Transforming Her Reality Into Victory Everyday

A 6-Week Trauma-Informed, Faith-Based Reentry Course

Developed for Women in TDCJ Reentry Programs

[Marlin Unit](#) | [Hobby Unit](#)

FAITH

Foundation of Faith

FEMININITY

Identity & Self-Worth

FINANCES

Stewardship & Prosperity

FAMILY

Restoration & Legacy

T.A.M.A.R. | Targeted Advancement for Mental Health Advocacy and Reintegration

tamardfw.org | admin@tamardfw.org | 214-919-8258

THE THRIVE PHILOSOPHY

Why Reality Must Be Transformed

The Core Premise: Reality Is Not Always Ideal

At the heart of T.H.R.I.V.E. is a bold and liberating truth: the reality we find ourselves in is not always the reality we must accept as permanent. Scripture does not call us to simply cope with a broken world — it calls us to be transformed by the renewing of our minds (Romans 12:2).

For women leaving incarceration, this is not motivational language. This is survival theology. The realities that led to incarceration — poverty, trauma, broken family systems, survival-mode thinking, and an identity shaped by pain — do not dissolve the moment the prison gates open. They follow. And without intentional transformation, they repeat.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." — Romans 12:2

What Is "Reality" in This Context?

Reality, for our purposes, is the set of beliefs, behaviors, patterns, and environments that shape how a woman sees herself, how she makes decisions, and what she believes is possible for her life. These realities can be:

- Internalized messages: "I have to get it out them any way I can."
- Survival scripts: "I do what I have to do — no questions asked."
- Identity wounds: "This is just how I am. I can't change."
- Economic desperation: The hustle mentality that equates worth with getting money by any means.
- Relational patterns: Toxic bonds, absent bonds, or broken family structures.

These are not simply bad habits. They are realities — real, lived, deeply embedded frameworks that feel like identity. T.H.R.I.V.E. challenges every participant to recognize: this is a reality you inherited, absorbed, or survived — but it is not your destiny.

How We Transform Reality: Consciously and Practically

Transformation is not passive. It requires:

- Awareness — Naming the realities that are working against us
- Truth — Replacing lies with the Word of God
- Practice — Building new habits, thought patterns, and daily disciplines
- Community — Doing it together in a safe, honest space
- Faith — Anchoring every transformation in a relationship with God

This is why T.H.R.I.V.E. is not a lecture series. It is a lived experience. Each week, participants will engage in exercises, reflections, conversations, and practical applications — because transformation happens in the doing, not just the knowing.

The Four Pillars: An Overview

Every week of T.H.R.I.V.E. is anchored in one of four pillars that together form the foundation of a thriving life after incarceration:

PILLAR	NAME	TRANSFORMATION FOCUS
1	FAITH	From survival religion to a living relationship with God — the foundation that sustains everything else
2	FEMININITY	From identity shaped by trauma and the past to identity rooted in being God's daughter — understanding God-given value
3	FINANCES	From scarcity and survival economics to biblical stewardship, financial literacy, and economic positioning
4	FAMILY	From broken and fractured relationships to restoration, generational covenant, and healthy family legacy

COURSE STRUCTURE & FACILITATION GUIDE

For Facilitators & Program Leaders

Session Format (Each Week)

Each weekly session is designed for 90–120 minutes and follows a consistent rhythm that helps participants know what to expect:

OPENING (10 min)	Welcome, prayer, affirmation of the week. Set the tone with intention.
WARM-UP (10 min)	Icebreaker activity or reflection question tied to the week's theme.
TEACHING (30 min)	Core lesson content — presented by facilitator, interactive discussion encouraged.
EXERCISE (25 min)	Hands-on faith or life skill activity relevant to the week. Participants DO, not just listen.
SHARE TIME (15 min)	Circle share — participants reflect and speak. No crosstalk; honoring each woman's voice.
ASSIGNMENT (5 min)	Weekly practice challenge — one small, doable action to carry into the week.
CLOSE (5 min)	Prayer, affirmation, and reminder of the next session.

Ground Rules for the T.H.R.I.V.E. Space

Before Week 1 begins, establish the following with participants:

- What is said in this room stays in this room — confidentiality is sacred.
- We speak from our own experience — no speaking for others.
- There is no shame here — only truth and growth.
- We are all works in progress — including the facilitator.
- God is in this room — we welcome His presence and leading.
- We do not compare our stories — every journey is valid.

Materials Needed Per Participant

- A Bible (provided or encouraged to obtain — this is non-negotiable)
- A journal or notebook and pen
- A T.H.R.I.V.E. participant workbook (printed or digital)
- A bag or folder to collect materials, worksheets, and resources across all 6 weeks

WEEK

1

PILLAR: FAITH

The Foundation: Life After Prison Is Sustained by Faith

Hebrews 11:1 — *Now faith is confidence in what we hope for and assurance about what we do not see.*

Romans 10:17 — *Faith comes by hearing, and hearing by the word of God.*

Core Teaching: Why Faith Is the Foundation

Week 1 establishes the ground floor of the entire T.H.R.I.V.E. journey. Every other pillar — femininity, finances, and family — collapses without this one. Faith is not a religious add-on to a recovery plan. Faith is the operating system.

The statistics are stark: women who maintain active, living faith connections after incarceration have dramatically lower rates of recidivism. Not because church is a magic formula, but because a genuine relationship with God provides what nothing else can: identity, direction, accountability, hope, and the power to change.

Addressing the Principles That Led to Incarceration

Before we can build new realities, we must name the old ones honestly. The following are common belief systems and operating principles that many incarcerated women have lived by — and that must be consciously transformed:

OLD REALITY (To Be Transformed)	NEW REALITY (In Christ)
"I have to get it out of them by any means."	"The Lord is my shepherd; I shall not want." (Psalm 23:1) — God is my provider.
"I do what I have to do — no questions asked."	"There is a way that appears to be right, but in the end it leads to death." (Prov. 14:12) — Wisdom asks questions.
"This is just how I am. I can't change."	"Therefore, if anyone is in Christ, the new creation has come." (2 Cor. 5:17) — I am made new.
"The hustle is how I survive."	"But seek first His kingdom... and all these things will be given to you." (Matt. 6:33) — Kingdom first always works.
"Nobody gave me anything, so I take it."	"Give and it will be given to you — pressed down, shaken together." (Luke 6:38) — Generosity is the Kingdom economy.

Faith Practices We Will Build

Faith is not a feeling — it is a practice. These three practices form the backbone of a sustained life after incarceration:

- The Word: Daily reading of Scripture — even one verse — reprograms the mind.
- Prayer: An ongoing, honest conversation with God. Not a performance — a relationship.

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- Community: Connection to a local church or faith community provides accountability and belonging.

Week 1 Faith Exercises

- EXERCISE 1 — "My Reality Check": Each participant writes 3 beliefs about herself, money, men/relationships, and survival. We examine which came from God's Word and which came from the world.
- EXERCISE 2 — "My First Prayer Letter": Participants write a letter to God. No format, no rules. Just honesty. This may be the first authentic conversation with God some women have ever had.
- EXERCISE 3 — "Scripture Replacement": Take one old-reality belief and find a scripture that speaks the opposite. Write it on an index card. Begin memorizing it this week.

Week 1 Assignment

Read Psalm 23 every morning this week. Write down one word that stands out to you each day. Bring your notes to Week 2.

WEEK

2

PILLAR: FAITH CONTINUED

Keeping a Living Relationship: The Word, Prayer & Anti-Recidivism

James 2:17 — *Faith by itself, if it is not accompanied by action, is dead.*

Joshua 1:8 — *Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it.*

Core Teaching: The Greatest Force Against Recidivism

There is no program, case manager, or policy that is more powerful against recidivism than a woman who has a genuine, living relationship with God. That is not a dismissal of programs and support services — those matter enormously. It is a recognition that inner transformation drives outer behavior.

When a woman knows who she is in God, she is less likely to return to environments, relationships, or behaviors that deny that identity. When she has a habit of prayer, she has a place to take crisis other than the street. When she is in the Word, she has an internal compass that functions even when systems fail her.

"The word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit." — Hebrews 4:12

Three Levels of Faith Practice

We teach faith not as abstract theology but as daily disciplines that become lifestyle:

Level 1: The Word

Scripture is not just inspirational text — it is identity formation. When we saturate our minds with who God says we are, the lies of the past lose their grip. We will build a habit of daily reading using simple plans — even five minutes a day is transformative over weeks and months.

Level 2: Prayer

Prayer for many of our participants has been transactional: asking God for things in crisis. T.H.R.I.V.E. teaches relational prayer — the kind that includes gratitude, honest confession, listening, and trusting. We will practice multiple forms of prayer during this course.

Level 3: Faith Community

Research consistently shows that women connected to a local faith community after release are more stable in housing, employment, and family. We will help each participant identify and connect with a church home before graduation.

Week 2 Exercises

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- EXERCISE 1 — "Building a Prayer Habit": Introduction to the A.C.T.S. prayer model (Adoration, Confession, Thanksgiving, Supplication). Practice as a group.
 - EXERCISE 2 — "Word as a Weapon": Each participant receives a list of 12 identity scriptures. Read aloud together. Discuss which ones feel hardest to believe — and why.
 - EXERCISE 3 — "My Faith Timeline": Participants map out their spiritual history — moments they felt God, moments they walked away, where they are now. This builds honest self-awareness.

Week 2 Assignment

Practice the A.C.T.S. prayer model once a day this week. Keep it simple — just 5 minutes. Journal one thing God says to you (even if it feels like your own thought at first).

WEEK

3

PILLAR: FEMININITY

Identity, Value & Who You Are as God's Daughter

Psalm 139:14 — *I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

Proverbs 31:25 — *She is clothed with strength and dignity; she can laugh at the days to come.*

Core Teaching: Femininity Is Not About Preference — It Is About Identity

Before we go one word further: this pillar is not about sexual preference, sexual orientation, or any political statement. This pillar is about a woman's God-given identity as a daughter of the King — and the radical, often unexpected work of learning to believe that about yourself.

For many women in our program, femininity has been weaponized — used against them in abuse, exploitation, trafficking, objectification, or dismissed entirely in environments where strength meant hardness. Some women have never been told they are beautiful. Some have been told their value lies only in what they can give a man. Some were told they were worthless.

T.H.R.I.V.E. says: God's Word tells a completely different story.

"You are altogether beautiful, my darling; there is no flaw in you." — Song of Solomon 4:7

Your Value Is Tied to Who You Are in God — Not Your Past

One of the most significant transformations in this course is a woman's internal narrative about her own worth. When identity is rooted in the past — charges, abuse, addiction, choices made in desperation — the past becomes a prison that continues long after the physical walls are gone.

The Gospel of Jesus Christ declares that your past does not define your value. Your value was established before you were born, by a God who called you wonderful, chosen, and loved. That is not sentiment — that is covenant.

Topics Covered in Femininity Week

- **Self-Care as Sacred Practice:** Your body is the temple of the Holy Spirit. Physical self-care (nutrition, rest, hygiene, health appointments) is an act of honoring God's design.
- **Healthy Relationships:** What does a safe, healthy relationship look like? How do we identify love versus control, care versus codependency? We discuss red flags, boundaries, and what we will no longer accept.
- **Sexual Purity:** Not a lecture about shame, but a practical, honest conversation about the spiritual and emotional impact of sexual decision-making. What does God's design for sexuality offer us? What does sex outside of covenant cost us?
- **Identity Inventory:** Who have I believed I am? Who does God say I am? How do I begin to close the gap?

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- **Breaking Word Curses:** Many of our women carry labels spoken over them — "worthless," "criminal," "junkie," "whore." We break those word curses aloud and replace them with scriptural declarations.

Week 3 Exercises

- **EXERCISE 1 — "Mirror Work":** Each participant looks in a mirror (or reflects internally if mirrors are unavailable) and speaks three affirmations from Scripture over herself. This is often deeply emotional and transformative.
- **EXERCISE 2 — "Identity Inventory":** A two-column worksheet: 'What I was told I am' vs. 'What God says I am.' Go scripture by scripture.
- **EXERCISE 3 — "Relationship Mapping":** Draw your relationship circle. Who pours life in? Who drains it? Who is in your circle that cannot stay?
- **EXERCISE 4 — "Letter to My Younger Self":** Write a letter to the girl you were at your most vulnerable moment. Tell her what you know now.

Week 3 Assignment

Each morning this week, say one of the identity scriptures aloud before your feet hit the floor. Notice how it feels. Write about it.

WEEK

4

PILLAR: FINANCES

We Need a Bible and a Bag: God Delights in Our Prosperity

3 John 1:2 — *Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

Deuteronomy 8:18 — *Remember the Lord your God, for it is He who gives you the ability to produce wealth, and so confirms His covenant.*

Core Teaching: The Bible and the Bag

The title of this pillar is intentional: we need a Bible AND a bag. Not one or the other. God does not call us to be spiritually rich and financially desperate. The Scripture is clear — as our soul prospers, we prosper. Spiritual wholeness and material wellbeing are not opposites; they are partners in God's design for abundant life.

The reason finances matter so profoundly in reentry is devastatingly simple: desperation produces crime. When a woman cannot pay for housing, food, medication, or her children's needs, the survival brain activates. And the survival brain knows the old routes. Financial stability is not just about comfort — it is a public safety issue and a spiritual one.

"Money answers all things." — Ecclesiastes 10:19 | "Money gives us options. Desperation takes them away."

God's Design for Financial Flourishing

We lay a theological foundation first: God is not opposed to women having money. He is opposed to money having women. The difference is stewardship — who is in charge of what.

- Stewardship: Everything belongs to God. We manage it. This reframe removes shame and adds responsibility.
- Contentment: Paul learned to be content in all circumstances (Philippians 4:11). Contentment is not poverty acceptance — it is freedom from desperation while pursuing prosperity.
- Generosity: The Kingdom economy runs on giving, not hoarding. Tithing and generosity are faith acts that activate provision.

Financial Literacy Topics Covered

- Understanding Credit: What a credit score is, how it is built or damaged, and practical steps to rebuild after incarceration. Credit bureaus, disputing errors, secured cards.
- Banking Basics: Opening an account, avoiding predatory check cashing services, understanding fees, setting up direct deposit.
- Budgeting for Reentry: Creating a basic monthly budget. Fixed vs. variable expenses. The "Essentials First" rule.
- Employment & Income: Resume basics, discussing background on applications, industries that hire returning citizens, knowing your rights.

- Business Basics: Entrepreneurship as a reentry pathway. LLC formation overview, business accounts, basic bookkeeping, starting small and growing intentionally.
- Investing 101: Introduction to the concept that money can work for you. Basic overview of savings accounts, CDs, and the concept of compound interest — planting seeds financially.
- Reentry Financial Resources: List of organizations, emergency funds, grants for returning citizens, housing assistance, utility help, and workforce development programs available in Texas.

Practical Reentry Resource Packet

Each participant in Week 4 receives a printed resource guide including:

- Local workforce development centers and employment programs
- Banking programs specifically designed for returning citizens
- Texas-specific financial literacy programs
- Microenterprise and business startup resources
- Contact information for TAMAR's case management team

Week 4 Exercises

- EXERCISE 1 — "Budget Blueprint": Work through a sample monthly budget together. Then each woman completes her own projected budget for her first 60 days out.
- EXERCISE 2 — "Credit Check Readiness": Walk through what a credit report contains, how to request one, and what to look for. Introduce CreditKarma or AnnualCreditReport.com.
- EXERCISE 3 — "My Business Idea": Every woman identifies one skill she has that someone would pay for. Build a simple one-paragraph business concept around it.
- EXERCISE 4 — "Resource Bingo": Using the resource packet, participants locate a resource for each life need category (housing, food, employment, childcare, healthcare, financial assistance).

Week 4 Assignment

Write out your financial vision: What does your financial life look like in 1 year? In 5 years? What is one specific step you will take in the first 30 days after release to move toward that vision?

WEEK

5

PILLAR: FAMILY

Covenant, Restoration & Generational Legacy

Malachi 4:6 — *He will turn the hearts of the parents to their children, and the hearts of the children to their parents.*

Joel 2:25 — *I will restore to you the years that the swarming locust has eaten.*

Core Teaching: God Is Generational

The family is not a cultural construct — it is the original design of God. In Genesis, before governments, economies, or even religious institutions existed, God established the family unit: a place of covenant, love, identity, and generational blessing. The family is the garden of Eden — the environment God designed for human flourishing.

But for many women in T.H.R.I.V.E., family has been the source of the deepest wounds. Absent fathers, addicted mothers, abuse, foster care, children removed — the family unit has felt like a source of pain, not refuge. And incarceration adds another rupture: children growing up without their mother, bonds strained by time and geography and shame.

This week, we hold two truths at the same time: family has caused real harm — AND restoration is God's plan. He does not discard what He designed.

"For I know the plans I have for you — plans to prosper you and not to harm you, plans to give you a hope and a future." — Jeremiah 29:11

The Four Family Conversations

1. Forgiveness: The Gateway to Restoration

Unforgiveness is one of the heaviest weights a woman carries out of prison. It may be toward a parent who failed her, a partner who contributed to her incarceration, a system that seemed to target her, or herself. Forgiveness is not about the other person deserving it. Forgiveness is about your freedom.

We will work through what biblical forgiveness looks like — and what it does not require. Forgiveness does not mean trust is automatically restored. It does not mean you have to maintain a relationship with someone who is unsafe. It means releasing the debt so that you are not imprisoned by it.

2. Restoration: What God Can Rebuild

God is a restorer. Joel 2:25 says He will restore the years the locusts have eaten. The locusts of addiction, incarceration, and poor decisions have eaten precious time with children, with parents, with siblings. But God specializes in making up time.

Restoration is a process, not an event. It requires:

- Honesty — Acknowledging the impact your absence had on your children and family without excuses
- Consistency — Showing up repeatedly over time is what rebuilds trust, not one emotional conversation
- Patience — Children especially may not be ready for immediate reunion; their pace must be honored
- Support — Working with a family counselor or case manager as relationships are rebuilt

3. Protecting the Family: Boundaries and Healthy Relationships

Not every family member who wants to be in your life after release is healthy for your reentry. Some family members are still in the same environments, using the same substances, running the same networks that contributed to incarceration. Family love is real — but so is the need to establish clear boundaries.

We will discuss:

- How to set boundaries with family members who are a risk to your reentry without severing the relationship entirely
- How to have honest conversations about what has changed in you and what you need
- How to protect your children from unhealthy family influences while honoring relationships where appropriate
- How to build a chosen family of support — mentors, church community, accountability partners — that surrounds and strengthens your biological family

4. Generational Legacy: You Are Breaking a Cycle

Perhaps the most powerful reframe in all of T.H.R.I.V.E. is this: you are not just working on your own life. You are writing a new story for every person who comes after you. Your children are watching. Your grandchildren will inherit what you build or what you leave broken.

God is generational. The decisions you make today about faith, identity, finances, and family ripple forward. You have the opportunity — right now, in this season — to be the woman in your lineage who said: "It stops here. Something new starts with me."

Week 5 Exercises

- EXERCISE 1 — "Forgiveness Letter": Write a letter to someone you need to forgive (you do not have to send it). Then write a letter to yourself. Read aloud to a trusted partner in the group if willing.
- EXERCISE 2 — "Family Mapping": Draw your family system — biological and chosen. Mark who is safe, who needs boundaries, who you hope to restore relationship with, and who you need to grieve.
- EXERCISE 3 — "Letter to My Children / Future Children": Even women without children can write to future generations. Express who you are becoming and what legacy you are building.
- EXERCISE 4 — "Restoration Action Plan": Identify one specific relationship you want to restore. Create a realistic, step-by-step plan for beginning that process — including who will support you in it.

Week 5 Assignment

Pray specifically for your family this week — each person by name, each day. Ask God what your role is in His restoration plan for your family. Journal what you hear.

WEEK

6

PILLAR: GRADUATION WEEK

After Prison, We Will THRIVE: Launching Into Your New Reality

Philippians 1:6 — *He who began a good work in you will carry it on to completion until the day of Christ Jesus.*

Isaiah 43:18-19 — *Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?*

Core Teaching: Integration — Bringing All Four Pillars Together

Week 6 is not a new lesson. It is a celebration and integration of everything the past five weeks have built. We revisit each pillar through the lens of: what has changed in me, and what do I carry forward?

The goal of Week 6 is not for women to feel like they have arrived — it is for them to know that they have been equipped and that they are not walking out alone.

The Graduation Ceremony

The graduation from T.H.R.I.V.E. is intentional and celebratory. For many of our participants, this will be one of the few ceremonies in their lives where they are honored, seen, and celebrated. We take this seriously.

Graduation Structure

OPENING PRAYER	A woman from the group volunteers to open in prayer — celebrating what God has done in 6 weeks.
REFLECTION CIRCLE	Each participant shares one sentence: "Before T.H.R.I.V.E., I believed... Now I believe..."
PILLAR RECAP	Facilitator briefly honors each of the four pillars with one key truth from each week.
CERTIFICATES	Each graduate receives her T.H.R.I.V.E. certificate of completion, presented individually.
PHOTOS	Professional (or phone) photos taken of each graduate — individually and as a group. These photos are printed and given to each woman. Many have not had a photo taken in years that was not a mugshot.
CELEBRATION MEAL	Participants plan and contribute to the graduation menu within facility guidelines. Choosing your meal is an act of agency and dignity.
CLOSING SEND-OFF	Facilitated group blessing spoken over each woman by name. She leaves knowing she is seen, known, and sent.

The Graduation Photo — Why It Matters

Every graduate receives a printed photograph from her graduation day. This is not a small thing. For women who have been identified primarily by arrest photos and mugshots — images taken at their

lowest — receiving a beautiful photo of themselves at their best, in community, on a day of accomplishment, is a profound act of dignity restoration.

We encourage participants to frame these photos. To put them somewhere visible. To look at that woman every day as a reminder: this is who I am becoming.

Participant-Planned Menu

One of the unique elements of T.H.R.I.V.E. graduation is that participants plan the menu — within the guidelines of the facility. This can be simple: a selection of snacks, juice, dessert items brought in or prepared within facility rules. The act of choosing, planning, and hosting a meal together is an act of agency and community that many of our women have been denied.

The menu planning conversation happens during Week 5 so that coordination can begin. Facilitators work with facility administration to accommodate the celebration to the fullest extent possible.

Week 6 Integration Exercise: My T.H.R.I.V.E. Blueprint

Before the graduation ceremony, each participant completes her T.H.R.I.V.E. Blueprint — a one-page personalized plan documenting:

- My Faith Practice: How I will stay in the Word, in prayer, and in community after release
- My Identity Declaration: The three core truths about who I am in God that I will carry with me
- My Financial First Steps: My 30-60-90 day financial plan after release
- My Family Restoration Intention: One relationship I am committing to restore, and how
- My Support Circle: Names and contact information for my accountability community
- My Emergency Plan: What I will do — specifically — when I feel myself being pulled back toward old realities

APPENDIX

Resources, Declarations & Facilitator Notes

Identity Scripture Declarations

These declarations are to be read aloud — individually and collectively. They are the Word of God spoken over your life. Read them until you believe them. Read them especially when you don't.

"I am fearfully and wonderfully made." — **Psalm 139:14**

"I am a new creation. The old has gone." — **2 Corinthians 5:17**

"I am the daughter of the Most High God." — **Romans 8:16**

"I am more than a conqueror through Christ." — **Romans 8:37**

"I am chosen, holy, and dearly loved." — **Colossians 3:12**

"I am the head and not the tail." — **Deuteronomy 28:13**

"I have a future and a hope." — **Jeremiah 29:11**

"I am free — whom the Son sets free is free indeed." — **John 8:36**

"I lack no good thing." — **Psalm 34:10**

"I am rooted and established in love." — **Ephesians 3:17**

"God's plans for me are good — to prosper me and not to harm me." — **Jeremiah 29:11**

"I can do all things through Christ who strengthens me." — **Philippians 4:13**

About T.A.M.A.R.

T.H.R.I.V.E. is a program of T.A.M.A.R. — Targeted Advancement for Mental Health Advocacy and Reintegration, a nonprofit organization dedicated to advancing stability, restoring lives, and strengthening safer communities.

Organization	T.A.M.A.R. Targeted Advancement for Mental Health Advocacy and Reintegration
Founded	January 12, 2023
EIN	92-3961527
Mailing Address	791 N Hwy 77 STE 501-C235, Waxahachie, TX 75165
Operations	West Dallas Multipurpose Center, 2828 Fish Trap, Dallas, TX
Phone	214-919-8258
Email	admin@tamardfw.org
Website	tamardfw.org
THRIVE Locations	TDCJ Marlin Unit TDCJ Hobby Unit

After Prison — We Will THRIVE.

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