



## Importance of the Thistle

The thistle is a weed with the fortitude to thrive in brutal conditions. Thistles have beautiful, soft purple centers with deep taproots to survive floods and droughts. The same is true of these women who've gone through trauma. Beauty and strength underlie their trauma and past baggage. The resilience, vibrancy, and healing qualities of the thistle parallel the survival and flourishing of women survivors.

Thistle Hills is a residential program and soon-to-be social enterprise located in the hills of Coatesville. We help transform the lives of women who have been trafficked and addicted.

### THISTLE HILLS IS:

- A safe & supportive place to live
- A meaningful job
- A lifelong sisterhood of support

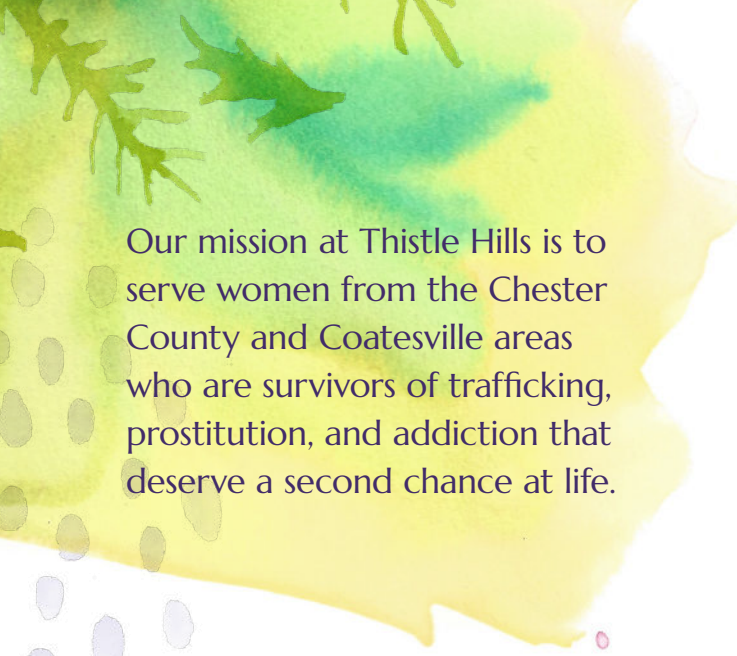
## Thistle Hills

OFFERING WOMEN SUPPORT,  
LOVE, AND RESOURCES TO  
TRANSFORM THEIR LIVES AND  
BECOME PART OF THE FABRIC  
OF OUR COMMUNITY.



Thistle Hills

Established in 2020 as a 501(c)3 in the State of Pennsylvania, Thistle Hills is modeled after the highly successful Magdalene House/Thistle Farms in Nashville Tennessee.



Our mission at Thistle Hills is to serve women from the Chester County and Coatesville areas who are survivors of trafficking, prostitution, and addiction that deserve a second chance at life.

## Our Values

- Show radical hospitality and love to residents, so they can reclaim their lives
- Demonstrate spiritual principles by celebrating the diversity and commonality of humanity
- Use love as a healing gift and the most powerful force for change in the world
- Acknowledge that everyone's journey matters and with unconditional support, residents will find their path
- Build a life-long sisterhood of compassionate, disciplined support where everyone can flourish and grow

## Our Program

There are four phases that correspond to stages of individual change and growth within the sanctuary of community:

### Welcome to the Circle

#### 0-6 MONTHS OF RESIDENCY

During the first six months of residency, residents are encouraged to focus on recovery from addiction, set goals for personal, financial, and family health, rest, and learn to live in the community.

### Consider the Thistle

#### 6-12 MONTHS OF RESIDENCY

Starting in Phase Two, residents are referred to community providers for weekly individual therapy to begin to address the connection between childhood experiences, addiction, trafficking, and/or prostitution.


### Find Your Way Home

#### 12-24 MONTHS OF RESIDENCY

In Phase Three of residency, women will work closely with the Program Services Team to transition into independent living. They are expected to participate in all requirements and responsibilities of community life, all aspects of the Thistle Hills program, set an example and provide leadership for the newer residents, and continue to practice and live in active recovery. Thistle Hills will continue to assist with the educational endeavors of women in Phase Three in order that they might complete their educational goals.

## A Sister for Life

### GRADUATION & BEYOND



Sisters for Life are Thistle Hills graduates who remain actively involved in the Thistle Hills community. After successful completion of the first three phases, residents graduate and become Sisters for Life. Depending on each individual woman's circumstances and resources, she may transition out of her Thistle Hills residence up to three months in advance of her graduation date or up to three months after.

## Our Services

- Housing
- Educational Opportunities
- Matched Savings
- Healthcare & Prescription Medication
- Housing & Security Deposit Assistance
- Group Sessions
- Life Skills
- Case Management
- Transportation
- Referral & Support for Treatment
- Legal Support Intervention

If you would like to learn more about Thistle Hills, or have any questions, we can be reached at:

- 📞 610-384-4771
  - ✉ [info@thistlehills.org](mailto:info@thistlehills.org)
  - 🌐 [thistlehills.org](http://thistlehills.org)
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