



Helping Up
Mission

YOU ARE
MORE
than your situation.

YOUR PASSPORT TO A BETTER LIFE.

(410) 929-6999 (24-hour hotline)

helpingupmission.info

YOU ARE
WORTHY



YOU ARE
ENOUGH



YOU HAVE A CHOICE

Your journey has been hard. You've been through a lot. **But your past doesn't have to be your future.**

There is a place for you. There's a community where you'll feel valued. Healed. Fulfilled.

Helping Up Mission's Women's Spiritual Recovery Program is a special place for women struggling with addiction who are seeking healing and a new start, and for their children aged 0-3. **Our new, state-of-the-art facility is a place where you'll feel safe, loved and supported.** But before anything else, we are a community. A sisterhood of support. A family.



TAKE TIME TO HEAL... LIFE CAN GET BETTER!

When you join Helping Up Mission's program, you'll receive everything from food and shelter, to counseling, healthcare and permanent housing assistance.

You'll also enjoy:

- Education and job training
- Therapeutic art and music
- Onsite childcare with a playground
- State-of-the-art kitchen and comfortable dining room
- Welcoming living quarters with private bathrooms
- An onsite beauty salon and fitness center

But perhaps the greatest gift you'll receive is time. Our Spiritual Recovery Program lasts for 12 months, which means you'll have the time and space you need to heal.

There are no financial or identification barriers to being part of the program. Come empty handed. Let us take it from here. We've got you.

WANT TO LEARN MORE?

Call our 24-hour hotline at

(410) 929-6999

Or visit

helpingupmission.info

We'd love to hear from you.





Helping Up Mission (HUM) has been meeting the needs of residents of Baltimore City and the surrounding counties since 1885.

HUM's Center for Women & Children is located on the **1200 block of East Baltimore Street** in the Historic Jonestown community of Baltimore City.

Our Spiritual Recovery Program serves women struggling with addiction, poverty, homelessness and mental health issues.



GET IN TOUCH TODAY.

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