

Yesterday's Gone Women's Shelter

A Place to Live | A Place to Heal



Yesterday's Gone offers a one-year transitional housing program along with resource coordination services for women, their children, and their pets.



yesterdaysgone.org



The impact of Yesterday's Gone's programs in 2025 is seen in the research, goal documentation, surveys, and testimonies from the women that we serve.

4,317

**Safe Nights for Women
& Their Children**

1,431

**Safe Nights for Our
Guests' Pets**

The impact of Yesterday's Gone's programs in 2025 is seen in the research, goal documentation, surveys, and testimonies from the women that we serve.

**Recorded Support Groups & Educational Programs;
Trauma-informed yoga, self-defense, and life skills sessions.**

**839
hrs**

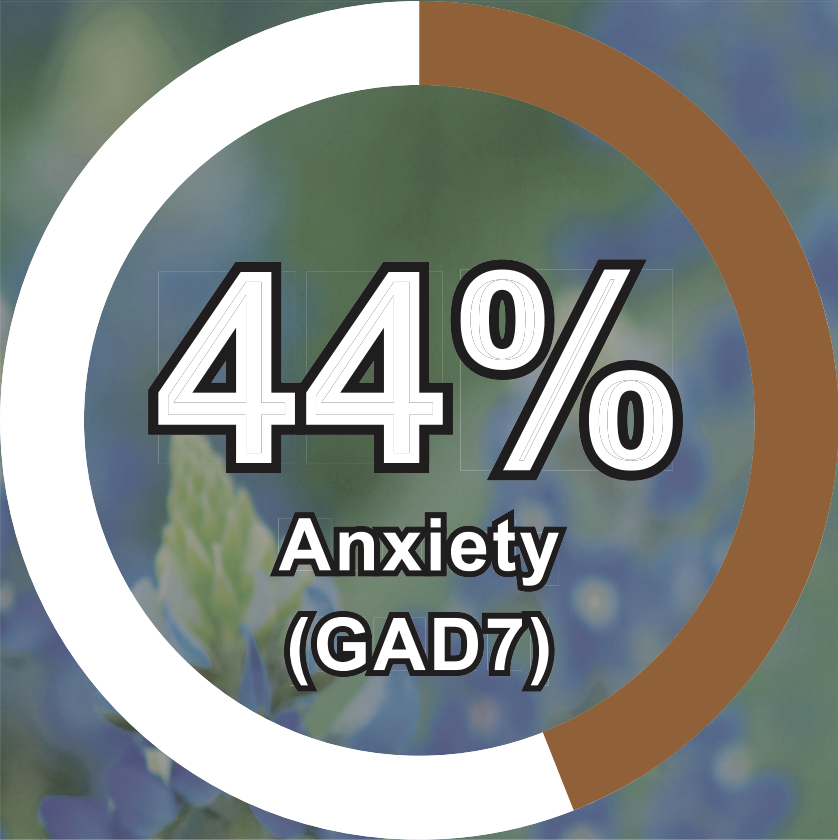
**Recorded Life Coach &
Case Management sessions.**

**717
hrs**

**Recorded Life Coach &
Counseling sessions for all
guests.**

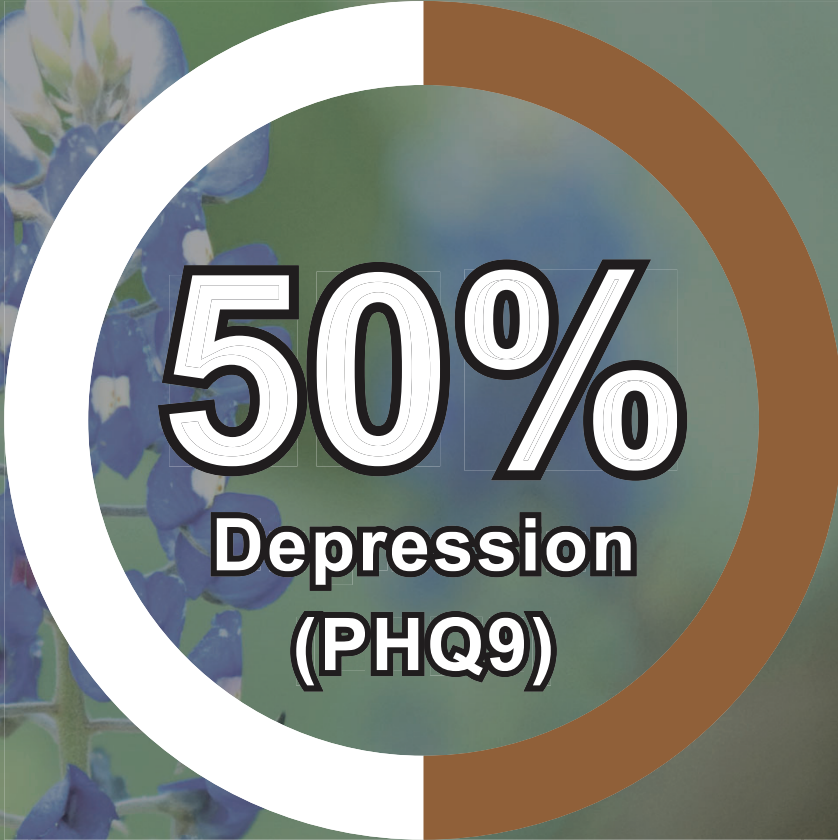
**271
hrs**

In 2025, Yesterday's Gone guests reported improvements in the following areas:



44%

**Anxiety
(GAD7)**



50%

**Depression
(PHQ9)**



Our Programs



Life Coach

Our full-time Life Coach helps women manage emotions, build necessary life skills, and provides emotional support.



Life Skills

Foundational life skills focused on financial stewardship, parenting support, effective time management and planning, and holistic mental and medical self-care.



Support Groups

Our support groups offer a safe, healing space for women to share, reflect, and grow alongside others who understand their journey. Guests are also required to have a support system outside of our program.



Education

Supports women in earning a higher education, personal finance, and job readiness.



Our Programs



Employment

Assistance in finding suitable employment, including résumé development and interview preparation.



Counseling

Weekly on-site individual and child counseling sessions.



Physical Health

We partner with Urban Defense Academy to train our guests and their children in self-defense. We also provide trauma-informed yoga and nutrition classes.



Spiritual

We support women in exploring spiritual growth through online resources and in-person faith communities aligned with their personal beliefs.



A story from Tish, one of our guests.



Volunteer Opportunities

Childcare

Finances/
Budgeting

Events/
Decoration

Personal
Care

Admin/
Clerical

Maintenance

Workshop
Facilitator

Public
Relations

Lawncare/
Gardening

Physical
Activities

Health/
Nutrition

Ways to Share Your Network With Us

- Introduce us to local businesses or community leaders
- Invite us to networking events
- Share our mission with your contacts
- Connect us with sponsors or donors
- Help us find partnership opportunities
- Invite us to speak at events or groups
- Share our posts on social media
- Connect us with volunteer opportunities
- Help us build community relationships

Giving Opportunities

- Round Up at the Register
- Matching Opportunities
- Sharing Connections/ Your Network
- Email Introductions
- Hosting Events
- Raffles at your Business
- In-Kind Gifts
- Amazon Wish List

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