

Standing for Families at the Mother's Movement

Thanks to support from the Blue Shield of California Foundation, Time for Change Foundation is able to participate in advocacy efforts that address the root causes of violence and help break cycles of harm across generations.

On May 18, 2026, Time for Change Foundation joined advocates, mothers, and community leaders from across California in Sacramento for the Mother's Movement. The statewide gathering brought together families and organizations committed to advancing policies that protect children, strengthen families, and expand access to community-based, trauma-informed support systems.

Through advocacy efforts like these, we are helping advance solutions that promote healing, prevent violence, and create stronger outcomes for future generations.

blue shield of california
foundation



United for Justice at Quest for Democracy 2026

Advocacy plays an important role in creating stronger, more equitable communities. With support from M.E.C.C.A.-Inland Empire (Mobilizing & Edifying for Collective Community Advancement), Time for Change Foundation was able to participate in Quest for Democracy 2026 at the California State Capitol alongside hundreds of justice-impacted individuals, families, and advocates.

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Quest for Democracy united participants around a shared vision of releasing those unjustly incarcerated, restoring rights, reunifying families, and relieving communities impacted by mass incarceration. By bringing together directly impacted individuals, advocates, and community organizations, the event helped amplify voices that are too often left out of policy conversations and advanced efforts to create a more just and equitable future.



From Survival to Self-Sufficiency:Yadira's Journey



For two decades, Yadira battled addiction while carrying the weight of trauma, abuse, and instability. What began as a way to cope with emotional pain eventually led her into years of homelessness, unhealthy relationships, and hopelessness.

After losing custody of her children, Yadira said she reached one of the darkest periods of her life.

For six to seven years, Yadira survived on the streets, living underneath

highways, near train tracks, in parks, and anywhere she could find shelter. She pushed shopping carts, recycled cans to survive, and often went hungry. During that time, she was also pregnant and struggling to imagine a way forward. Yadira could no longer continue living the way she had been. She made the decision to leave the streets behind and begin rebuilding her life.

"I was cold, hungry, pregnant, and tired of surviving."

After giving birth to a healthy baby boy, Yadira spent several months moving from house to house, relying on family support while searching for stability. She reached out to Time for Change Foundation and was welcomed into our program.

Since arriving at Time for Change Foundation in September, Yadira says her life has changed completely.

"I've progressed a lot," she said. "I finally feel like I'm getting back on my

feet."

Through the program, Yadira has participated in workforce development financial literacy, parenting support, computer training, and life skills classes. More importantly, she says she has regained her confidence and belief in herself.

Today, Yadira is attending college and pursuing a future where she can help others experiencing homelessness, addiction, and hardship.

"I've been homeless. I've been hungry. I've been through addiction," she said. "I want to give back the same way people reached out and helped me."

Now celebrating over a year of sobriety, Yadira continues rebuilding relationships with her family while creating a stable future for herself and her children.

"TFCF helped me believe that I could do it. That I am smart and capable."

Jennifer's Journey of Recovery and Renewal

Jennifer's journey to recovery has been marked by hardship, resilience, and transformation.

Growing up in an unstable household impacted by addiction, Jennifer worked hard to build a life for herself and her daughter. Before addiction took hold, she was known as a caring, hardworking person who always put others first.

But after experiencing domestic violence, homelessness, and the loss of custody of her daughter, Jennifer found herself struggling with addiction and losing hope.

In 2024, Jennifer experienced a serious health crisis that became a turning point in her life. Realizing she could not continue living the way she had been, she made the courageous decision to seek help and entered

treatment on October 25, 2024.

After completing treatment and transitioning through sober living, Jennifer faced continued housing instability and uncertainty about where she would go next. Finding stable housing at Time for Change Foundation became a critical part of her recovery journey.

"This program gave me the stability and support to focus on my goals."

She adds, "not having to worry about where I'm going to sleep or what comes next has made all the difference."



With that stability,

Jennifer has been able to fully focus on rebuilding her life. Today, she has been sober for over a year,

attends San Bernardino Valley College, and recently started a new job in the human services field, where she is gaining experience helping others. She is also working toward a career in drug and alcohol counseling so she can one day support people facing challenges similar to her own.

Jennifer now hopes to use her story to encourage others who may be struggling. Her advice to other women who are in the place she once was is:

"Recovery is possible, and we can rebuild our lives."



Breaking the Cycle: Melinda's Journey From Incarceration to Independence



After serving 25 years in prison, Melinda stepped out into a world she barely recognized.

While waiting at a bus station for her family to pick her up and bring her to Time for Change Foundation, she looked around for a pay phone so she could make a call. When she asked someone where she could find one, they simply replied, "Pay phones don't exist anymore." In that moment, the weight of 25 years hit her.

The world had moved on. Technology had changed. The way people communicated had changed. Everyday tasks that most people take for granted suddenly felt unfamiliar. As she prepared to start over, Melinda wasn't just re-entering society, she was learning how to live in an entirely different world.

For much of her life, survival had been her focus. Raised in generational poverty and surrounded by addiction, instability, and violence, Melinda learned early how to navigate circumstances beyond her control. As a teenager, she cycled in and out of juvenile hall before becoming involved in gang life while searching for protection, belonging, and identity. Years of trauma, addiction, and survival-based choices ultimately led to a 32-years-to-life prison sentence.

During her incarceration, however, Melinda began to see the patterns that had shaped her life for generations: poverty, addiction, violence, and incarceration. Instead of accepting those cycles as her fate, she made a commitment to create a different future.

When she arrived at Time for Change Foundation, she found the support she needed to begin again. With guidance from her case manager, Lizzy, and support through programs like Work 2 Win, Melinda gained valuable life, resume-building, and interviewing skills that helped her rebuild her confidence and independence.

Just six months later, her life looks dramatically different. Today, Melinda works as a case manager, helping people facing many of the same challenges she once experienced herself. She has moved into her own home and earned her driver's license for the very first time at 45 years old—milestones she once never imagined possible.

Now, she is focused on continuing her education and becoming a homeowner within the next two years.

Her advice to others re-entering society is simple but powerful:



"Stay grounded and focused. Challenges are going to come. Barriers are going to come. When they come, we embrace them, we endure them, and we walk through them."

Melinda's story is a reminder that while the world may change, it is never too late to change with it. Through determination, support, and perseverance, she is building a future that once seemed out of reach—and proving that the cycle can be broken.

Recognizing Partners Whose Generosity Strengthens Our Impact

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TFCF'S RE-ENTRY PROGRAMS ARE SUPPORTING WOMEN ON THE PATH TO STABILITY AND SUCCESS

Wellness is Stabilized Housing (W.I.S.H.) Program

W.I.S.H. OFFERS

- Move-in assistance
- Eviction prevention
- Shelter vouchers
- Family stipends
- First month's rent
- Security deposit
- Furniture assistance
(for eligible participants)



Who Qualifies?

- ✓ Women who have served time in a California State Prison (CDCR)
- ✓ Have a CDCR number or proof of incarceration
- ✓ Were released within the last 30 days or are currently on parole
- ✓ Are living, returning to or paroling to San Bernardino County

Improving Adult Re-entry (I.A.R.) Program

I.A.R. OFFERS

Employment Services

- Work Readiness
- Job Placement
- Vocational Support
- Educational Services
- Employment Services



Who Qualifies?

- ✓ Women who are currently incarcerated and due to release within 6 months OR released within the last 3-4 months
- ✓ Are living, returning to or paroling to San Bernardino County



Scan to Get Started