



THE GRACE PROGRAM

at Timberline Knolls



WELCOME TO THE GRACE PROGRAM AT TIMBERLINE KNOLLS

For many people, faith and spirituality are a central part of their healing process. The Grace Program provides a Christian component to treatment that nurtures your spirit and fuels your recovery.

Everyone who participates in The Grace Program receives a Bible and a Souls Like Stars workbook to use in Christian-based group work. Many of the workbook assignments aim to inspire you to reclaim your identity as a child of God and embrace the freedom of living out of that truth.

THERAPY SESSIONS

Trauma can have a pervasive impact on the whole person, especially in the area of spirituality. It can also wreak havoc on your faith in God and belief in what is good. Residents in The Grace Program work with a therapist in both family and individual therapy sessions. Our therapists are skilled at integrating faith and values in therapy, as well as addressing spiritual wounds and conflicts in the healing process.

GROUP THERAPY

Soul Making is an interactive psychoeducational group that helps you explore topics such as experiencing God's love and being known, what it means to forgive, and how to embrace your God-given dreams and desires. Scripture and lessons from Souls Like Stars are used to discover Biblical perspectives.

Awakenings is an experiential group. You may have experienced a knowledge of God but have been unable to feel his love or connection on an emotional level. This group is designed to help open a loving connection with God.

Sojourners is a group that offers a nonjudgmental environment where you can find encouragement and start to process experiences with other Christian residents.

CELEBRATE RECOVERY

Celebrate Recovery (CR) is a Christ-centered, 12-Step recovery program for those who are struggling with painful memories, hurtful experiences, or addiction of any kind. CR meets twice a week and is a safe place to find community and freedom.

Knowing you are part of a greater community of faith can be central to spiritual growth and recovery. All residents have the opportunity to participate in local church services.

SACRED SPACES

The Sanctuary is our sacred space and is open throughout the day and evenings. It is available for meditation, reflection, or moments of letting go. There are also outdoor areas that are designated sanctuaries for reflection and inspiration.

CHAPLAIN

It is not unusual for specific, poignant, and important spiritual questions and conflicts to surface in recovery. A chaplain is available to meet with residents to pray with them and walk alongside them as they identify and explore these issues.

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Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, Illinois. We offer a welcoming environment for women and girls age 12 and older who are struggling with eating disorders, substance use or mood disorders, trauma, and co-occurring conditions. An adult partial hospitalization program (PHP) and intensive outpatient program (IOP), with supportive housing, are available for step-down and for women to directly admit. By serving with uncompromising care, relentless compassion, and an unconditional joyful spirit, we help our residents and clients help themselves in their recovery.

