



# Catholic Charities Carmelita Women's Home

## About

Catholic Charities Carmelita Women's Home at the former Carmelite Monastery of the Mother of God property in Marinwood is a partnership with the County of Marin. The Carmelita Women's Home is aligned with our Catholic Charities mission of service, care and compassion and will provide ten women with a supportive home. This program is an innovation project funded by the State of California to develop a treatment modality to heal severely traumatized women.

Treatment focuses on providing a whole-person healing experience for our clients. Our philosophy and approach to their healing is to balance the body, mind, emotions, and spirit through holistic modalities such as yoga and meditation, pet therapy, nutrition/cooking, and gardening. The approach includes understanding the widespread impact of trauma, learning to manage the subsequent harmful reactions and behaviors, and collective healing. Creating safety and building community are fundamental bedrocks for this work.

## Services

- Mindfulness Meditation
- Crisis Skill Building
- 12 Steps Work Group (a series of working each of the 12 steps out of the Women's Way book)
- Process Groups (processing house goings-on and conflicts, building communication skills)
- Expressive Arts Therapy

## 2025 Impact Stats

# 9

different therapeutic and recreational groups held regularly with over 50% of clients attending each session

- Therapy sessions, crisis groups, and AA meetings held weekly
- Recreational activity groups held bi-weekly

# 12

group outings a year

- Nature Therapy
- Swimming
- Gardening
- Sound Baths
- Equine Therapy
- Dance Movement
- Sewing
- Dialectical Behavior Therapy