

REBUILDING ON YOUR OWN TERMS

A Resource Guide for Women Ready to Reclaim Their Lives

Whether you are leaving a difficult relationship, restarting your career, or simply exhausted from carrying too much for too long — this guide was built for you. You do not have to figure this out alone.

"Rebuilding is not going backward. It is finally choosing yourself."

1 IF YOU ARE LEAVING OR HAVE LEFT A DIFFICULT RELATIONSHIP

Your safety and emotional clarity come first. These organizations serve women across the United States — most are free, confidential, and available 24/7.

RESOURCE	AREA	WHAT IT HELPS WITH
National DV Hotline	Safety	24/7 crisis support, safety planning, local shelter referrals. Call 1-800-799-7233 or text START to 88788.
loveisrespect.org	Safety	Support for dating abuse — chat, call, or text. Focused on younger women and teens but open to all.
WomensLaw.org	Legal	Plain-language legal information on restraining orders, custody, and divorce by state.
NNEDV SafetyNet	Safety	Tech safety resources — how to protect your privacy online, your phone, and your accounts.
Coercive Control Info	Education	Understand the patterns of coercive control so you can name what happened and move forward.

2 REBUILDING YOUR FINANCES

Financial independence is not built overnight — but it is built. Start with one step. Then another.

RESOURCE	AREA	WHAT IT HELPS WITH
Benefits.gov	Benefits	Find federal and state assistance programs you may qualify for — housing, food, childcare, and more.
NFCC	Debt	National Foundation for Credit Counseling — free or low-cost credit and debt counseling.
Consumer Financial Protection Bureau	Financial Tools	Free tools to understand credit, manage debt, and plan for major financial decisions.
211.org	Local Aid	Find local emergency financial assistance — utilities, rent, food, and more. Available in all 50 states.
Credit Karma	Credit	Free credit score monitoring and tools to understand and improve your credit over time.

3 RESTARTING OR ADVANCING YOUR CAREER

Your career is not over — it may just be beginning. Use this season to get clear on where you are going next.

RESOURCE	AREA	WHAT IT HELPS WITH
LinkedIn Learning	Skills	Free and low-cost courses to update skills, earn certifications, and strengthen your resume.
Coursera	Skills	Free courses from top universities — many offer financial aid. Great for career pivots.
CareerOneStop	Career Tools	Sponsored by the U.S. Dept. of Labor — job search tools, resume help, and local training programs.
Dress for Success	Confidence	Professional attire, career coaching, and a network of support for women entering or re-entering work.
SCORE Mentoring	Mentoring	Free business mentoring if you are exploring entrepreneurship or want to start a coaching practice.

4 PROTECTING YOUR MENTAL & EMOTIONAL HEALTH

Healing is not a detour from your goals. It is part of the strategy.

RESOURCE	AREA	WHAT IT HELPS WITH
SAMHSA Helpline	Crisis	Free, confidential mental health and substance use referrals. Call 1-800-662-4357, 24/7.
Psychology Today	Therapy	Find therapists by location, specialty, and insurance. Filter for trauma, women's issues, and more.
Open Path Collective	Therapy	Therapy sessions for \$30–\$80 for those who cannot afford standard rates.
Therapy for Black Girls	Community	Therapist directory and podcast created specifically for Black women and girls.
Crisis Text Line	Crisis	Text HOME to 741741 anytime you feel overwhelmed and need immediate support.

5 FINDING YOUR COMMUNITY

You were not meant to rebuild in isolation. Community accelerates healing and momentum.

- › **Meetup.com** — Search for women's networking, career, or wellness groups in your city.
- › **Local YWCA** — Programs for women in transition — housing, job training, legal services, and community.
- › **Facebook Groups** — Search "women rebuilding," "career women," or your city + "women in transition" for local peer communities.
- › **Your local library** — Free workshops, job search computers, notary services, and community connections — underused and incredibly valuable.
- › **Black Women's Blueprint** — blackwomensblueprint.org — advocacy, healing, and community for Black women navigating systemic and personal challenges.

6 YOUR WEEKLY REBUILDING RITUAL

You don't need a perfect plan. You need a consistent practice. Try this each week:

Monday — Set Your Intention

- › Write one sentence: "This week, I am committed to _____."
- › Identify one financial action, no matter how small (check your balance, call about a bill, save \$5).

Wednesday — Check In With Yourself

- › Ask: Where am I spending energy that does not serve me?
- › Do one thing that restores you — a walk, a call to someone who fills you up, or 10 minutes of quiet.

Friday — Collect Your Evidence

- › Write down one thing you did this week that the version of you from a year ago could not have done.
- › This evidence becomes the foundation of your confidence. Do not skip this step.

"She decided she was enough. That was the turning point."

Prepared by Brittanni Hendricks | Career & Life Coach
Ready to build a strategy for your next level? Let's talk.