

Adverse Childhood Experiences

Adverse childhood experiences (ACEs) affect a child's developing brain

In the absence of positive or protecting influences, ACEs can have lifelong physical and/or mental health consequences.

Frequent and prolonged exposure to ACEs creates toxic stress, which can result in physiological changes. Toxic stress increases a child's heart rate and blood pressure and, over time, can alter the architecture of a child's developing brain, leading to lifelong health issues, such as depression, addiction, obesity, or heart disease.



Trauma reduces the ability to think, respond, or learn.

ACEs lower stress tolerance, which further reduces the ability to cope with daily challenges.



ACEs increase difficulty in maintaining relationships.

A person can spend a lifetime trying to forget a few minutes of their childhood.



Basic Child Needs

Safe Housing
Healthcare

Nutritious Food
Education

Clothing
Caregivers

How to Reduce the Effects of ACEs

Resilient parents, who know how to solve problems, have healthy relationships with other adults, and build positive connections with their children, can provide safe environments for their children's development.

Children who are supported by adults who patiently listen and respond to their physical and emotional needs are able to build attachments and develop nurturing relationships.

Helping children interact in a healthy way with others, develop the ability to manage their emotions, and communicate their feelings and needs will enable them to grow up as emotionally healthy adults.

The Need

The number of families experiencing homelessness in Palm Beach County is growing rapidly

Common Challenges of Single-Parent Families

- Nearly 30% of single parents live in poverty.
- Researchers have linked parental stress to poverty.
- Navigating limited resources can increase stress. High parental stress can create more challenges and adverse outcomes in the children affected.
- Children raised in poverty are more likely to develop physical, mental, or behavioral problems as they grow up. They are also more likely to continue to live below the federal poverty level as adults.

Credit: AECF.org

Our Impact

Holy Ground PBC promotes positive change and pathways to self-sufficiency for the families we serve

Our Vision for All of Our Families is Long-Term Sustainability

- All of the young women who have graduated from Holy Ground's program obtained a high school diploma or GED prior to their successful completion of our program, opening the door to expanded employment opportunities and higher earnings potential.
- The women who have graduated from our program have found careers in teaching, banking, healthcare, childcare, and insurance, to name just a few.
- Through our ACE program, our families have healed from past trauma, built resilience, and learned coping skills to effectively manage future challenges.
- The women in our program have gained essential know-how, such as budgeting, job hunting, maintaining healthy relationships, and good decision-making.
- Our young mothers are achieving generational change by modeling healthy behaviors for their children.



Speakers Available

Please call our office at (561) 355-5040.

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Our mission is to shelter and mentor pregnant or parenting young women, and their children, who are experiencing homelessness in Palm Beach County, and who are willing to make positive changes in their lives.



Holy Ground PBC

Residential Program

We are committed to being a catalyst for generational change that contributes toward breaking the cycle of homelessness, poverty, and teen pregnancy

Shelter

Using an independent living model for a real-world experience, we provide safe, modestly furnished housing that also allows for convenient travel to school, workplaces, and daycare.

Mentoring

In order to move ahead, each mom is matched with a trained, adult female mentor who provides the emotional support and guidance to empower them on their journey. Mentors monitor the well-being and needs of both mothers and children.

Case Management

Our Case Manager helps and encourages our moms as they set and achieve personal, academic, and vocational goals.

Counseling

All mothers receive professional trauma-informed counseling (both individual and group) as they strive to heal from past traumas, develop self-esteem, and learn healthy behaviors that they can model for their children.

Financial Literacy

Our budget advisor explains basic financial concepts in an easy-to-understand way in order to motivate these young mothers to manage their resources wisely and start saving for the future.



Family Enrichment

Our moms and children enjoy get-togethers and outings, when they can relax and spend time with each other.

Spiritual Development

We host an annual nondenominational retreat that nourishes our moms both body and soul.

Program Classes

We strive to empower and transform the lives of the young mothers and children in our care

Capacity-Building for Mothers

Our monthly Life Skills sessions provide young mothers with basic knowledge they may not already have. They also benefit from parenting classes, which educate our moms about healthy ways to engage with their children. In addition, our moms receive individualized academic and vocational guidance from our career coaches, as well as financial aid through our Obin Scholarship Fund.

Capacity-Building for Children

The children in our program have access to tutoring at our on-site facility, The Learning Tree, where they receive one-on-one help with school subjects, including music. In partnership with local agencies, we also provide age-appropriate child therapy, during which the children are regularly evaluated by professional child therapists.



Program Requirements

Facilitating the attainment of realistic goals for the future of the women we serve

- Follow an individual goal-based stability plan, jointly developed by moms and staff
- Complete high school and enroll in a vocational certification or academic program
- Contribute to their living expenses, as they are able
- Nurture their children physically, educationally, and emotionally

Program Results

Laying the groundwork for generational change

The moms in our program are advancing in their studies and in their chosen vocations.

They are developing and growing as parents, as healthy adults, and as responsible members of our community.

Graduate Program

We continue to serve mothers who have graduated from Holy Ground PBC's program to ensure they can sustain healthy, stable, and productive lifestyles

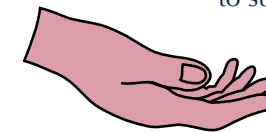
Monitoring Independent Families

Once one of our mothers has developed the skills and the financial stability to step out on her own, she moves from one of our on-campus apartments to an apartment of her own choosing. She and her family still receive counseling and case management for a period of time, but they are monitored less frequently than when they were in our residential program. Our young mom is still welcome to participate in Holy Ground activities, as she will always remain a member of our family.



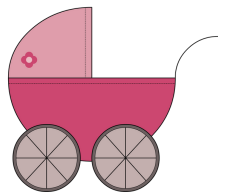
Outreach Program

Serving at-risk mothers who need a helping hand to survive and thrive



Community Impact

Holy Ground assists not just the mothers in our program, but also vulnerable mothers in the larger community, with access to social services, necessary resources, baby supplies, and short-term funding.



Affordable Housing

Seeking resolutions for the affordable housing crisis in Palm Beach County

Faith in Action PBC

Holy Ground, motivated by our desire to address the shortage of local affordable housing for families like those in our program, was the catalyst for the formation of this organization, a group of community leaders and civic groups empowering the interfaith community to address the housing crisis.