

You Are Not Alone!

National Numbers Speak....

- 1.5 Million women are abused each year
- 1 out of every 4 women report abuse by a partner each year
- Emotional and psychological wounds left unaddressed from abuse can last a lifetime
- Every 4 minutes a domestic violence volunteer responds to a hotline call
- A woman returns to her abuser up to 7 times before making a decisive action

THERE IS HOPE!

Shame, guilt, low self esteem, repressed anger, depression or condemnation are the oppressive effects of domestic abuse.

TTF will help you walk through this valley in your life, equipping you with keys to move successfully into self- sufficiency.*

Our Motto

" They that wait upon the Lord shall renew their strength and mount up with wings as eagles close to the sun..." Isaiah 40:31



If you are seriously ready to rise up to new heights and spread your wings in life...then its time to contact Time To Fly!

**We do not make any statements on whether or not a woman should seek divorce.*

Graduates of TTF Training Report

- Improved self esteem and confidence
- Thoughts of suicide, depression and hopelessness are resolved
- Improved family communication skills
- Preventative training for unhealthy marriages (avoiding future divorces)
- "Teaching my newfound skills to my children! Abuse will not pass to my next generation!"
- "Wow, I now have hope and I'm seeing my marriage improve from the keys I'm learning and using in our home."
- "I have tried all types of sources for relief and answers from my historic poor choices...yet they just drained my cash reserves, this program TRULY works, if you work the tools given."
- "My reliance on sedatives and alcohol has diminished since taking this course. I am thinking and functioning more clearly. I am no longer afraid to confront life's issues."

24/7 Toll Free Confidential Hotline

877-570-9488

<http://www.timetofly.org>



Rebuilding Her City Walls *Discovering the True You!*



Timeless Truths, Life-Changing Results *A Faith-Based Response to Domestic Abuse*

Time To Fly Foundation
P.O. Box 2761
Reston, VA 20195

Email: tftmoreinfo@yahoo.com

Visit our Website for Dates of Next Available Workshops and 9-Week Training Course Schedule

<http://www.timetofly.org/>

Who Is Time To Fly?

Our Vision

Founded in 2001, Time To Fly Foundation (TTF) was birthed to provide unconditional love, instruction and encouragement to restore the "walking wounded" women who are hurting from the effects of abuse. A place where a woman is treated with respect and a place where her body, heart and spirit are set free with the transforming power of Jesus Christ. TTF training equips women to live a victorious life.



Our Mission

We come alongside formerly abused women and their children who are seriously ready for their heart, soul and life to be healed. (Luke 10:25-37)



We offer comfort to the brokenhearted, give sight to the spiritually blind and assist each participant to discover their God-given liberties. This is accomplished with biblical instruction and practical application of learned principles.

Our Approach

TTF program runs on a quarterly schedule servicing up to 50 women and 15 children per session from the DC Metro areas. Attendees are introduced to the unique 3-tiered approach which includes the introductory workshop, 9-week course and after care support.



You have an opportunity to apply for the 9-week/40 hour course after the workshop. Seating is limited, and the course is **FREE**.

What To Expect...

Do you know the Lord truly loves you?

Do you know He sees you as His priceless masterpiece?

Do you know He has a good plan for your life?

"For I cried to Him, and He answered me. He freed me from all my fears."
Psalm 34:4

"He heals the brokenhearted and binds up their wounds"
Psalm 147:3

Rebuilding Her City Walls *Introductory Workshop*

You Will Discover:

- The roots and effects of Domestic Abuse
- The dynamics of these behaviors
- Why women don't speak out
- How you and the church may help a woman in need
- God's Original design for marriage
- How to apply for the 9-week TTF training course- *Discovering the True You*
- *And more*

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."
Jeremiah 29:11

About Our Founder...

After 20 years as a professional in Corporate America, Michele Ruth Jones retired to devote efforts to the vision and development of Time To Fly Foundation.



Her background includes designing training programs, committee chairperson on civic and professional associations, Women's Ministry Coordinator for over 17 years and a County Women's Shelter Volunteer.

While volunteering at domestic violence shelters, Ms. Jones realized 2 areas of need women still face. During your stay in shelters external wounds heal; yet the inflicted "unseen" wounds of emotional damage, broken spirits and heart can last a lifetime unless they are addressed.

Michele is the author of "[Your Call To Freedom!](#)" a practical interactive guidebook with tools to heal from abusive relationships. It is uniquely designed for both individual and small group discovery.



She is a requested speaker locally and across the country to various churches, women's retreats, domestic violence intervention forums and family strengthening conferences.

She experientially knows this truth- "You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." (Genesis 50:20)