



St. Paul's
EPISCOPAL CHURCH
221 UNION ST | CARY, NC, 27511

Healing Transitions | A St. Nicholas Ministry Partner

[Healing Transitions](#) is a free emergency shelter and non-medical detox facility serving Raleigh since 2001 with both men's and women's campuses.

Fathers and mothers in all stages of the long-term recovery program are eligible to choose Christmas gifts provided by St. Nicholas for their children (age 0-17). The items are set up according to age for the participants to choose; the participants wrap the gifts themselves. Families are invited to a Christmas party with Santa and hot chocolate. The parents can give the gifts at any time during the holiday season. This is often the first time they have ever given their children a present. It is a huge motivation for the recovery process and an important part of healing for family relationships. In 2023, St. Paul's provided gifts for 50 children of program patients.



From staff: "At Healing Transitions, we're all about freedom, dignity, and hope. We do this through a long-term recovery program, a non-medical detox, and an emergency shelter. We make it our mission to see the potential that exists in each person, even when they are at their lowest point. We're here for all people, under the influence or not, and regardless of readiness for change, because everyone needs a glimpse of hope to believe life can get better. And even one encounter with someone in our village (whether participant, alumni, or staff) might just

save their lives. So, whatever brings them here, and however long they're willing to stay, our doors are always open. No matter what... My personal experience as an alumnus and now staff for thirteen years is: when I was given the opportunity to pick gifts out for my children, it was part of my healing process. For many years I was estranged from my children, and having the opportunity to give them a gift at Christmas and see the smiles on their faces meant the world to me. The holidays are especially hard for people in early recovery. For myself, I felt so apart from my family because of the years of addiction. Having the opportunity to give my children a gift eased some of that stress and anxiety during the holiday season."

Learn more about [The Impact of Healing Transitions](#)

Learn more about Healing Transitions [HERE](#)

Learn more about St. Paul's St. Nicholas Ministry [HERE](#)



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"I'm very thankful for this program to allow me to give gifts to my kids that I was never able to do. And I'm just very thankful that I have been presented this opportunity to do that for them this Christmas. Thank you!"



"I'd just like to thank everyone who contributed to this. This is such a great experience.

Personally, I've been incarcerated for the past five years. Christmas...I haven't been a part of. To be able to give my kids, you know, anything for Christmas is awesome. I'm in transition, trying to change my life, impacting my kids' life and my family's"



"We have a lot of gratitude because a lot of us, we've not been able to supply our children with gifts. A situation like this is very helpful. We appreciate all y'all guys for y'all's support and y'all's help. Thank you very much!"