

Meet AJ

Member Story

Building a Future One Day at a Time

Before the rush of the day begins, AJ takes a quiet moment to stretch beside her two-year-old daughter. Tiny movements mirror AJ's own as the pair ease into the morning together. Later, as AJ drops her daughter off at daycare, she looks back to see a smile waiting for her. For AJ, peace now looks like moments like these.

A few years ago, peace felt far away. AJ was navigating addiction, uncertainty, and a future that rarely stretched beyond a few hours. While incarcerated, she first met staff from Life Springs Dream Center through the organization's women's jail ministry outreach. Week after week, they showed up consistently with conversation and support.

"They kept reaching out and showing up," AJ said. "They made us feel safe in an environment that just made us feel caged in."

After leaving jail, AJ transitioned directly into rehabilitation services. The Life Springs team was with her every step of the way. During her recovery journey, she also received support through Trillium Tailored Care Management while preparing to become a mother. Over time, those supports helped AJ begin rebuilding stability, confidence, and a future that lasted years instead of hours.

Today, AJ is continuing her recovery while helping others begin theirs as a Certified Peer Support Specialist with Life Springs Restoration Center. Her journey has also come full circle through Life Springs' Women's Jail Ministry, where she now supports women in the same environment where she once searched for hope.

"It's bigger than me," AJ said. "I'm doing it so other people will see that it can be done."

Through peer support, conversation, and simply showing up consistently, she hopes to be the same kind of role model she once needed.

Outside of work, AJ continues building toward the future she once struggled to imagine. She is currently pursuing her education with plans to become a licensed clinical social worker. She is also working with Habitat for Humanity to build her future home, completing sweat equity hours and learning hands-on skills along the way. For AJ, homeownership represents more than a house. It represents stability and a long-term foundation for herself and her daughter.

Today, the future no longer feels out of reach. It looks like quiet mornings, meaningful work, spiritual connection, and a devoted community.



Help us share the stories of our members

We love to see members reaching their fullest potential. If you have someone who has a positive story to share (and their permission to do so!), please let us know! You can send any pictures and stories to Info@TrilliumNC.org.

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1-877-685-2415

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