The Grit and Grace Project

A place for strong women and those who want to be.



"We are a safe place. We meet women exactly where they are, invite them in, and offer encouragement and answers with both grit and grace."



Today's Woman Feels Lost and Alone

The Grit and Grace Project believes all women are strong and have a vital role in our world. Yet, many of us are struggling with our current reality, unsure of what our role is.

Our culture doesn't help. With multiple definitions of who we should be and how we should think, it only intensifies the internal conflict we already feel.

Today's woman is often ...

- Isolated, feeling alone.
- Searching for her purpose.
- Seeking balance in life.
- Facing trials she never saw coming.
- Afraid of being judged.
- Experiencing anxiety & depression.
- Feeling she's "not enough."
- Staying in a relationship without commitment.
- Fighting for her children.
- Striving to find a place of hope.

Current statistics show that 1 in 8 women are depressed, 49% of 19- to 44-year-olds are cohabitating yet still want to be married, and over 15 million single mothers are carrying the burden of parenting alone.

We all need to find a safe space, yet what we find in our searching is both unrelatable and unattainable perfection, only heightening our feelings of loneliness and isolation as we navigate our messy lives.

A Community of Women Meeting Needs

THANK YOU, THIS GRIT AND GRACE LIFE, FOR GIVING ME REAL-LIFE HELP!

I REALLY NEEDED THIS
TODAY. THANK YOU FOR
EVERYTHING YOU HAVE
SAID. TOTALLY TAKING
THIS TO HEART!!



WE ARE THAT AUTHENTIC COMMUNITY

Grit and Grace is that safe space for honest conversation, wisdom, and encouragement, where we compassionately invest in other women's lives. As women of faith, we desire to pass down hard-earned knowledge without judgment, using our website, podcast, social media, and videos to reach the modern woman where she is.

WE ARE WOMEN WITH REAL LIFE EXPERIENCE

We are diverse women from all walks of life—from high school graduates to licensed psychologists, brand new mothers to grandmothers, single, married or single again—bound together by our faith.



WE TACKLE ALL AREAS IN A WOMAN'S LIFE

Our writers have lived through <u>domestic violence</u>, <u>suicide</u>, <u>infidelity</u>, <u>infertility</u>, and <u>divorce</u>. This community speaks to <u>motherhood</u>, <u>relationships</u>, <u>blended families</u>, practical living, and (trying to find) life balance. Always layering everything we say with both grit and grace.

WE ARE HERE TO CHANGE LIVES

Our community speaks to those who don't know Jesus as well as those who do. We ground everything in Biblical truth, but we won't shy away from tough topics or honest conversations that many faith-based sites refuse to touch. We do this because we know women can rise above their life challenges, but they can't do it alone. By initiating the conversation, we hope to show women they aren't the only one in their position. That having been there, we will support one another, arm in arm, every step of the way.

Your Opportunity

Do you have a heart for women who are facing seemingly insurmountable struggles? Do you know a woman in need of a place where she feels understood and not judged? Or, has one of our articles, podcasts, or videos been a voice of hope that you needed to hear?

If so, we are asking you to lock arms with us to invest in the lives of women. Helping them find the strength they need to meet the challenges they face. Join us as we reach women with real hope, discovering their grit and embracing our truest source of grace.

Grit
determines that life challenges
will neither defeat nor define us.
Grace
gives kindness to ourselves and
others even when it's hard.

How You Can Partner in Our Mission

- Become a Bridge Builder with a monthly gift of \$35.00 or more (just over \$1.00 per day).
- Join the Women of Strength with a one-time gift of \$5,000 or more.
- Give any amount today—every dollar given will help us help the women who need it.

For more information, contact us at: info@gritandgracelife.com



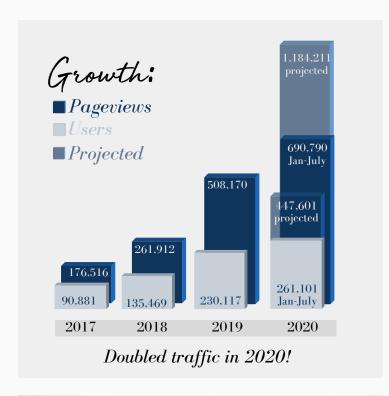
Meet the Founder:

The Grit and Grace Project was born in the heart of author and co-founder, Darlene Brock, in 2015. She noticed that women often hid their hurt, afraid to let others know, and she recognized a need in the marketplace. Never shying from a challenge, Darlene took this venture on, drawing from her experience in Christian Music, where she worked as a personal manager, video producer, and record executive. It was there

she worked with musicians to build a cultural bridge in order to offer faith to a society that so desperately needed it. She is once again dedicated to building that bridge in order to meet the needs of women today.



Grow With Va!



I only wish I had been able to read this article years ago.

Since 2017, The Grit and Grace Project has met over 1 million women, where they are, as they are. Throughout our growth, we've seen a steady increase in both users and pageviews. In 2020, arguably the hardest and most uncertain year in our lifetime, we are poised to double our traffic, reaching more women who are craving understanding and community in this disconnected time. With your help, we will continue to grow, reaching more strong women, everywhere, who need Grit and Grace in their lives.

Hear from one of our writers, Jodi Shultz



DONATE NOW!

Help us finish the year strong! Your support will enable us to continue to meet women's needs with both grit and grace.

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