



She Brews



COFFEE & TRANSITION PROGRAM



meet Tamra

At the age of two, Tamra was moved from Oklahoma to Arkansas to put distance between Tamra and the drug addiction her mother, Connie, was battling. Connie's addiction continued and she became incarcerated. While incarcerated, Connie met Rhonda Bear and began her journey of recovery. Connie was able to make real life change and reconnected with Tamra. Sadly, Tamra had already begun following in Connie's footsteps and was using drugs by the age of eighteen.

In 2017 she found herself in serious trouble with the law. Connie—her mother—reached out to She Brews to provide her daughter with life-changing help. Tamra was admitted into the program; however, she wasn't ready for the transformation engaging with She Brews would require. "I wasn't ready," Tamra stated, "I just figured I could skate by and avoid my charges in Arkansas". Tamra was eventually kicked out of the program and returned to Arkansas, still running from her charges.

The next year, in 2018, a court order declared that Tamra would try She Brews again. Unfortunately, Tamra was still not ready for that level of heart and life change. She was arrested for shoplifting, evicted from the program, and sentenced to thirty-four years in prison. Tamra served three years before she was released on parole. But she continued to get into trouble and enrolled in rehab. Tamra did not finish rehab and returned to the streets of Arkansas. Eventually, Tamra returned to rehab and this time she finished! She reconnected with her mom, Connie, and Rhonda. Tamra was accepted once more into She Brews Transition Program, and her parole was transferred to Oklahoma.

Her return to She Brews was filled with hope. Not only did she commit to the program, but she became the assistant manager of our Claremore shop. Tamra also began the journey of rebuilding her

relationship with her four children. Upon her entry back into She Brews, church was the last thing on her mind. Now, however, she has a beautiful relationship with Jesus that is everything to her. Both Stand in the Gap and She Brews have been essential in providing Tamra community. She states that she had to, "Want different to do different", and now strives to provide that same community by investing in others.

Today, Tamra is working in our Operations Department as Team Trainer for our She Brews locations! She trains the women in our shops in the "She Brews Way" which provides consistency, standardization for the present and future, and minimizes the anxiety that comes with learning a new skill. Tamra believes in leadership by example and in serving alongside others. She keeps our shops working as a well-oiled machine and fosters a team mindset that gives glory to God!

Not only is she excelling in her new role, but her relationship with her children is also better than ever. Her daughter, Olivia, is twenty and is beginning college as a nursing student! Tamra is amazed at the blessings God has given her to not only be able to watch her daughter pursue nursing, but also that she has the resources to commit financially to Olivia's college. The two have spiritually grown together through prayer throughout this new milestone. Her son, Ryley, is nineteen and living in Arkansas. He has a great job where he is being invested in! Her other two children live with Tamra and her husband Robert. Carson is fifteen and was with Tamra through program. The two have made great strides in their communication and relationship. He has been working for almost a year now and has a close relationship with Robert! Tamra's fourth child, Waylon, is four and has a wonderful relationship with his mother. Tamra has been



clean most of his life and so he hasn't known Tamra in her addicted state. Generational cycles can be broken through transformations like Tamra's!

Tamra has been married to Robert for almost a year and a half! The two met while in program at She Brews. Robert entered the men's program at Tamra's seven-month mark. When they began dating in 2024, the two followed all the dating rules and set boundaries and accountability with one another to build a foundation of success for their relationship! Robert demonstrated respect for both Tamra and her children and developed healthy relationships with all of them. After graduation from the program, Robert and Tamra attended premarital counseling and then had a beautiful wedding thanks to She Brews and Stand in the Gap. After the wedding, they had the opportunity to purchase a home thanks to Lifeway Homes. Tamra is so thankful for God's provision and the ability and opportunity that she has been given to be stable and consistent for her children in all areas. Robert and Tamra continue to follow many of the program rules as a foundation

for their marriage and family. The two strive to be encouragers, mentors, and leaders. They frequently attend the classes offered by the transition program for their own growth and to set an example to others.

God has provided Tamra so much peace. She feels as though she can finally live in the moment and not by a to-do list. Her entire mindset has shifted, and she turns to prayer first in all things. The most important things to Tamra are being the best mom that she can be, keeping her vows to Robert, being a friend (not just having them), and keeping temptations away so that her recovery is not jeopardized. "I loved the criminal lifestyle for twenty years," Tamra states, "until I got to Claremore and I fell in love with the Christian lifestyle and decided I didn't want what the world wanted anymore".

She Brews Coffee & Transition Program equips and empowers women transitioning out of incarceration by providing stable employment, safe and affordable housing, life skills, and mentors. By doing so, we inspire hope, disrupt cycles of incarceration, and restore families. Tamra's transformation is what She Brews is all about—breaking the generational cycle of incarceration and addiction. Tamra is now one the key leaders on the She Brews team and her story is a powerful example of the change that can occur through the love of Christ.

