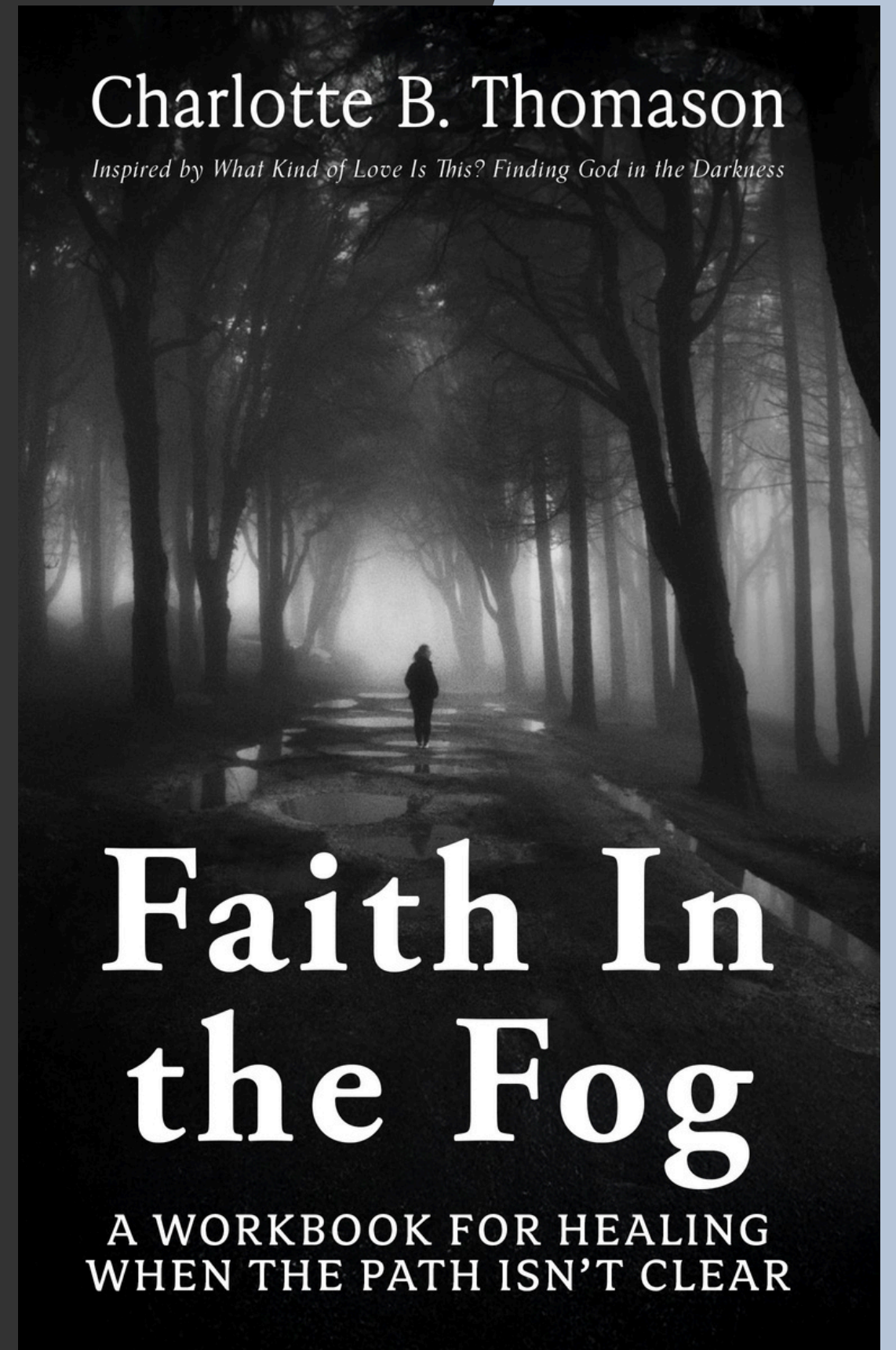




# *FAITH IN THE FOG*

A Workbook For Healing When the Path Isn't Clear  
Charlotte B. Thomason

**“Trauma doesn’t define us.  
Healing is possible.”  
-Charlotte B. Thomason**





# THE JOURNEY THAT SHAPED CHARLOTTE'S VOICE

## Credentials

MSW and MA in Apologetics



## Experience

35 + years in social work.



## What Drives Her

Shares her story so trauma survivors feel seen.



## Redemption

Learning to receive God's love changed her life.



# FROM PAIN TO PURPOSE

## Story-Workbook



**Memoir**-The story that began it all. (2021)



**Workbook**-Tools for the ongoing journey. (2025)



# WHY IT MATTERS

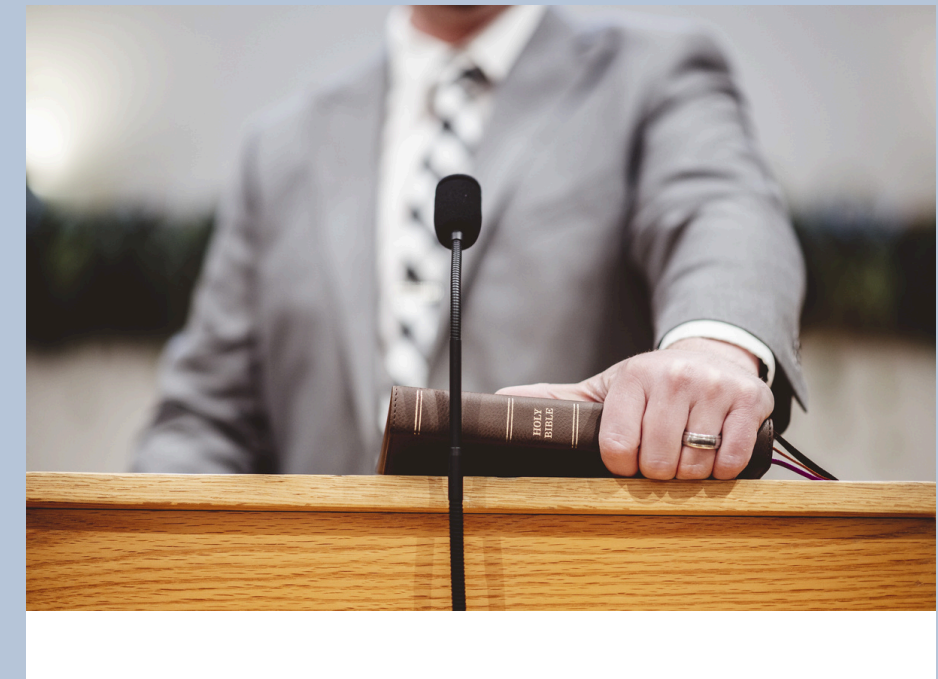
*Faith in the Fog* bridges the gap by bringing faith and trauma-informed care together.



1 in 3 women • 1 in 5 men  
experience sexual abuse  
before age 18.



42 million adults live with  
long-term impacts.



70% of pastors feel under-  
equipped to help.



# WHO'S IT FOR?

Created for:



01

**Survivors**



02

**Recovery & Small Groups**



03

**Counselors & Pastors**

**For anyone walking through healing with faith as their anchor.**

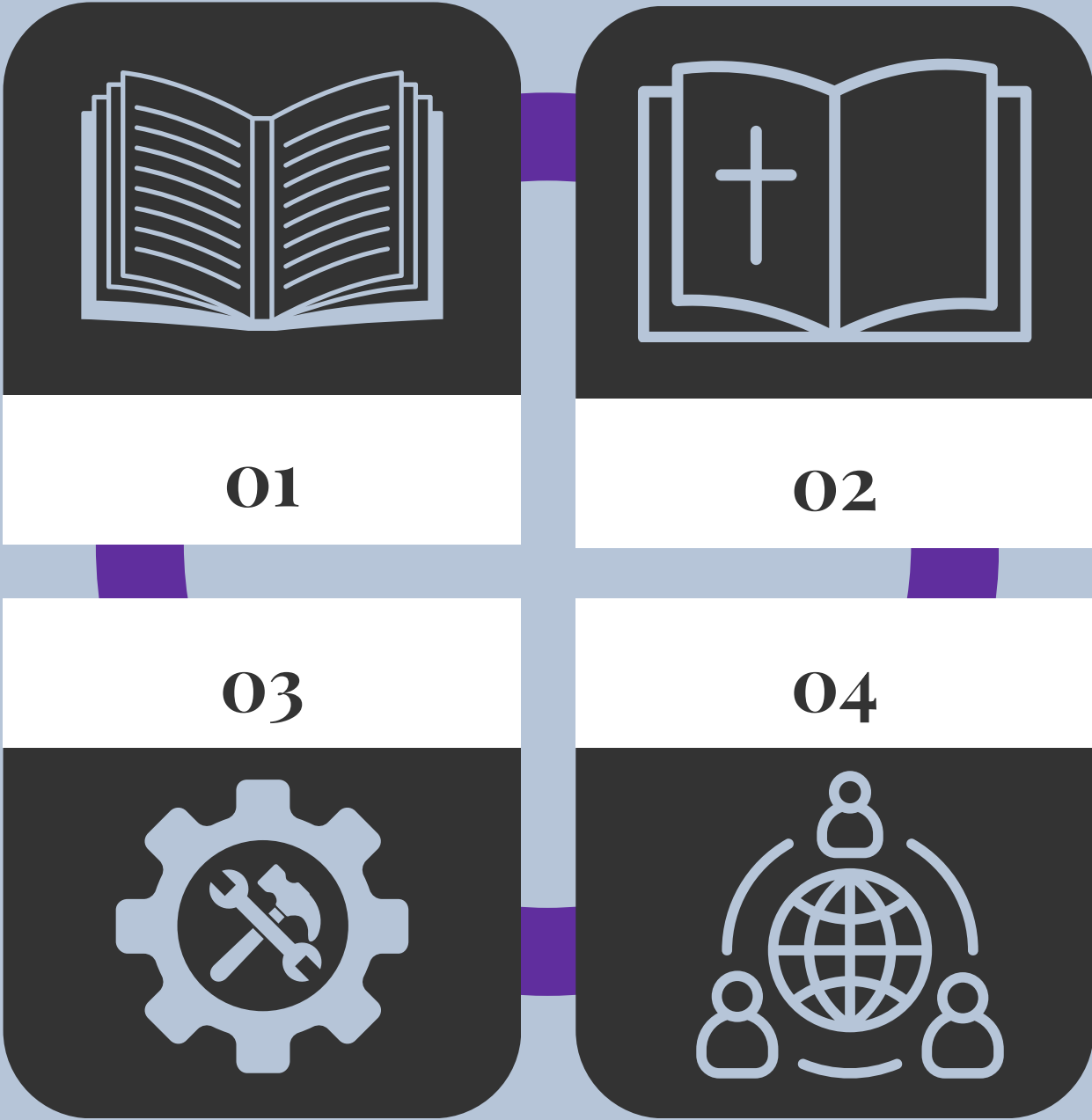
# WHAT'S INSIDE

Storytelling

Scriptures/  
Reflections

Tools for healing

Resources





# WHERE YOU'LL FIND CHARLOTTE

A growing community of faith, hard work, healing and hope

## YouTube

Honest Conversations about  
trauma and faith



## Website

The Heartbeat of Charlotte's  
Ministry



## Speaking

Celebrate Recovery, Churches,  
Workshops



## Social Media

Instagram, Facebook, Tiktok, X,  
Threads, LinkedIn



# HOW TO CONNECT



**Website**

charlottethomason.com



**YouTube**

@charlottethomason1953



**Instagram**

@cbthomason53



**Email**

charlotte@charlottethomason.com



# THANK YOU

*Faith in the Fog* offers trauma survivors and faith communities practical tools and hope for healing.

To learn more or request event materials, visit:

[charlottethomason.com](http://charlottethomason.com)