Grace After Fire

Since 2008, Grace After Fire has been dedicated to helping women Veterans help themselves by providing the means for women Veterans to gain knowledge, insight and self-renewal. The team at Grace guides women Veterans through peer to peer outreach as they re-enter their communities, the workforce, and as they redefine their roles for a successful future.

At Grace we believe women Veterans are the core of the family unit and is a powerful force multiplier for the wellness of the spouse, children and extended family. We accomplish this goal through the work of eight full time comprised of women Veterans, a family member and supporter.

Women Veterans have sacrificed much to honor our country and defend the liberties we enjoy on a daily basis. Theirs can be a challenging journey, but with community support, we can expand our educational outreach program in North Texas.

Grace's outreach program currently puts "boots (heels) on the ground" through the work of women Veterans in north, central, and south Texas. Grace After Fire's program, Table Talk™: Color Me Camo, serves as a peer support system designed specifically for women Veterans. Table Talk™ focuses on gender specific aspects through structured positive interaction with trained facilitators and fellow peers while identifying and addressing any barriers to attending group meetings.

A Call Network is provided for women Veteran support and resource referrals. This toll-free number refers callers to the appropriate agencies and relies upon these services to determine the eligibility of the clients for the services requested. Social Media is a key component of Grace's communication and education outreach with a presence on Facebook, Twitter, LinkedIn, and YouTube.

Grace's dedicated staff coordinates services, provides peer-to-peer support to individual Veterans in the community and raises awareness, and training within the Veteran community.
Mea Williams, President and CEO
Grace After Fire

Mea Williams, born in Cambridge, Ohio, is a Navy Veteran, a mother, a wife and the President/CEO of Grace After Fire, an organization that assists women veteran with the transition process and reintegration back into the civilian sector after their military service. In her role, Mea directs and oversees all efforts and activities related to developing and implementing Table Talk™ Color Me Camo, an innovative peer-to-peer program and other Veteran focused efforts led by the organization.

In 2000, Mea began her military journey in Norfolk, VA working on board the flight deck of Amphibious Assault Ship USS Bataan (LHD-5) as part of the crash and salvage team, personnel who are on standby ready to respond to any mishaps that may happen on the deck during takeoff and landing of aircraft. Upon returning from a seven-month deployment as part of the crew of one of the first ships to respond to the September 11th attack, Mea decided it was time to change paths to do something she had always loved - journalism. After three years on sea, Mea became a Navy journalist stationed at the Navy Public Affairs Center in Norfolk. There, she toured the states and many bases interviewing people highlighting news worthy events and writing featured stories that captured the true essences of what Navy sailors do. In 2006, Mea ended her Navy career as a Journalist and later moved with her family to Houston, Texas.

After serving her country for 6 and half years, Mea earned both her Bachelor’s degree in Business Management and her MBA with a specialization in Healthcare Administration from Ashford University. Due to her unrelenting determination, passion to see others reach their full potential and strong people skills, Mea was nominated by her peers’ and mentors for and then selected to participate in Leadership Texas 2015. Now a resident of Katy, Texas, Mea carries out her purpose of effecting change in the lives of many in and around her community.
Grace After Fire’s program, Table Talk™: Color Me Camo serves as a peer support system designed specifically for women Veterans. Table Talk™ focuses on gender specific aspects through structured positive interaction with trained facilitators and fellow peers. The program launched in targeted Texas markets in February 2013.

Surviving a war zone can require extreme measures -- from repressing your fears to completely turning off your emotions. These women were taught to be tough, to be strong, and to be warriors and now they need the strength to be mothers, to be daughters, to be wives and to be themselves. There are 158,350 Women Veterans in Texas and the number is growing to 162,000 by 2013. Texas will have the second largest population of Veterans according to the U.S. Department of Veteran Affairs. Many of these Veterans have been deployed to Iraq and Afghanistan multiple times. Today, women are 11% of military Veterans and 60% of them are under the age of 30, with young children at home.

Table Talk’s goal is to help women Veterans help themselves. The program consists of seven cycles covering topics on Grief & Loss, Mood Disorders, Self-Esteem, and Emotional Intelligence. Facilitators undergo an application screening process; receive classroom and online training, and annual recertification.

Program objectives are as follows:
- Establish the foundation to connect and empower the Woman Veteran for personal growth.
- Promote emotional awareness and develop appropriate coping mechanisms.
- Identify, recognize and acknowledge the signs of mood disorders to encourage the Woman Veteran to seek proper treatment.
- Provide knowledge of the grieving process and encourage the Woman Veteran onto her path of healing.
- Create awareness of the transition from Woman to Warrior to assist with the re-integration process.
- Educate the Woman Veteran to recognize her true self-worth.

Table Talk will empower, inspire, and instill women with the self-knowledge that’s the first catalyst to self-renewal.