



# Community SOLUTIONS

Thank you for helping these families to safety!

SPRING 2020

## She wasn't ready...until she was

### Thank you for never giving up on Ana

**24**-year-old Ana walked through our doors already doubting herself. She still hoped her abuser would change. Maybe things would get better and they could make things work for the sake of their toddler son.

Ana didn't file a restraining order that day. Or the next time she came in. Or the time after that. But thanks to you, she got help every single time she reached out.

Your support was so critical for Ana who, like many victims of domestic violence, was not ready or able to leave her abusive home the first time she reached out.

Thanks to you, Ana was able to sit with an advocate to do a danger assessment and safety plan. When she was ready to leave six months later, that advocate helped her file a restraining order.

Ana later shared that she had



*Thanks to you, Ana got the help she needed to keep them safe until she was able to leave the abusive relationship.*

lived with domestic violence as a child, so the abuse seemed normal to her. "I was going through the domestic violence cycle and didn't identify myself as a victim. I didn't accept that this was happening to me."

She shared that she probably wouldn't have followed through with her decision to leave if she hadn't had support right from the start.

"I valued your support when I was going through all that," she says. "You explained the process clearly. When you went to court with me, I felt supported knowing you were there. If you hadn't been there, I would've been so lost and not known what to do."

I now see myself as a survivor. I want others to learn from my story."

*The difference you made:*

**"If you hadn't been there, I would've been so lost and not known what to do."**

## FROM THE CEO



Erin O'Brien  
President & CEO

### You gave them a chance to start over free from violence

For Ana, Mónica, Nasrin, and so many other survivors of domestic violence, your support provides a lifeline to safety and a crucial first step in the journey to healing.

Whether they walk in the door ready to leave their abuser or need some time to come to terms with their situation, your donations provide them with support every step of the way.

As you read their stories, I hope you will truly see the difference you made for these families in giving them the chance to start over, free from violence.

## She felt lost and confused Until you gave her shelter and hope

Mónica showed up at the shelter feeling lost and confused. The police had asked her to leave her home while they were speaking to her abusive partner. Since then, she hadn't received any updates about her case nor calls from law enforcement.

Thanks to you, Mónica was able to find immediate safety and comfort at our 24-hour confidential shelter. And she was quickly assigned a caring advocate to help sort through the confusion.

"The moment I entered the shelter I felt at peace," she says, "and it has provided a security that I thought was not possible."

Your support gave Mónica access to peer counseling, education about domestic violence, danger assessment and safety planning, assistance filing a restraining order, and support with her case. She was also connected to transitional housing and counseling services for herself and her children.



*You not only gave Mónica and her children safe shelter, but also a sense of peace and security she hadn't thought was possible.*

Mónica feels stronger and more confident today knowing that people like you care and are ready to help.

"I've learned that with all the support that I've received, no matter how difficult life is, there is always a solution," she says. "[You] have saved me from the feeling of falling deeper into a pit with no exit ... this program has signified Hope and Opportunity for me."

## You gave her hope to move forward each day

### Thank you for helping this mom start over

**N**asrin lived with the abuse for 14 years. It started with words, aimed to belittle her. She hoped he would change. But then he became physical.

One day she knew she had to get out—for the sake of her kids. “I decided that this is not what my kids needed to see,” she says.

As hard as it was to start over, you made it all possible. You not only gave her the resources to start



*You gave Nasrin and her children the support and resources they needed to heal from the abuse and to start a new life free of violence.*

There were no doors for me to leave. I felt that I was the problem and if I was no longer there the problem would be over. Because the violence was always towards me.”

Each day these services reminded Nasrin that she was capable of moving forward and starting her life over, away from the abuse.

“Many times I didn’t know if I was doing the correct thing. I didn’t know if I was taking the right path, but when I spoke to you, I understood that it wasn’t my fault and that I had someone to talk to and I could tell you anything, and you all understood,” says Nasrin.

“The program gave me hope for life. A hope to live and fight for what is most important, my kids.”

**“Many times I didn't know if I was doing the correct thing ... but when I spoke to you, I understood that it wasn't my fault.”**

over, you gave her hope and the determination to push forward each day.

“I no longer wanted to live,” she says of her life before. “I would wake up and ask God to not allow me to live.

With your support, Nasrin received peer counseling, case management and legal advocacy. She was also able to get rental assistance, to create a safe home for herself and her children.

## Can you help today?

**Your donation of just \$31 can help Marie and her unborn daughter safely escape the abuse.**

**29**-year-old Marie thought she was living the dream life. She married her high school sweetheart and soon found herself pregnant with a baby girl.

The first time he hit her, Marie knew it was her fault - she had said something careless at a party. But the fourth or fifth time, when she almost lost the baby, she knew she had to get out.

**With a small donation today, you can give Marie the help and support she needs to safely escape the abuse.**



*A young mother like Marie is scared and alone right now. She wants to leave her abuser but fears for her life. Will you help her escape safely today?*

Your donation today can provide Marie with a trained and compassionate advocate who will complete a danger assessment, help Marie create a safety plan, and even accompany her to the police.

**Your donation today of just \$31 today can provide Marie with a danger assessment, a safety plan, and the support she needs to safely leave her abuser.**

**Yes, I want to help a mother find safety today!**

**Please use my gift to help a young mother like Marie safely leave her abuser:**

- \$31 provides one hour of safety planning and support
- \$62 provides two hours of safety planning and support
- \$124 provides four hours of safety planning and support
- \$ \_\_\_\_\_



**Community Solutions**

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