

EMPOWER A MOTHER, LIFT A FAMILY



My name is Nina. Ten years ago, I was the victim of a violent sexual assault.

For the past decade, I never told anyone about it.

As a wife and mom whose family struggles to afford food and rent, I didn't have the resources to deal with this trauma.

But after receiving a Post-Traumatic Stress Disorder (PTSD) diagnosis, I knew it was time to seek help, for the sake of my kids—for the sake of myself.

I'd heard about Friendly Center through a neighbor who recently completed therapy and parenting classes there, so I visited.

I was able to speak with a Family Support Specialist, Alicia, right away.

She was the first person I ever shared my story of sexual assault with, and I couldn't help but cry as I answered her questions – though years of fear and pain were coming to the surface, she comforted me and made me feel understood.

Alicia scheduled a counseling appointment with the on-site therapist. I was also invited to participate in the food programs and an upcoming parenting class. She equipped me with sexual assault victim services and information about enrolling my two kids in Friendly Center's after-school tutoring program.

After just one visit to Friendly Center, I found the resources I needed.

Though I may never be the same as I was before the assault, I can learn to cope with my trauma and gain more resilience.

This is a word Friendly Center staff often uses to describe me: *resilient*. They explain that I can adapt to adversity, stress, and trauma thanks to the time and effort I put towards recovery.

It has been nearly six months since I completed the case management program at Friendly Center. **I found the emotional support I needed, and feel equipped to be a better mom.**

Today, I continue to attend food distributions and look forward to participating in the job development program.

I am so grateful for the many opportunities and resources my family has received at Friendly Center this year.

Thank you for helping my family build resilience when it was needed most.

Sincerely,

Nina

