

You are with her every moment of her journey.



THE MOMENT SHE DECIDES

When a woman is ready to take action, your gift provides a 24-hour text/ phone support line so she can discuss her options and create a safety plan.

"We were so afraid but the further we drove away from our house we felt such relief as we headed to the shelter."



THE MOMENT SHE ARRIVES

When she walks through the doors, unsure of what comes next, you ensure there is a warm welcome, a safe space, and compassionate support waiting.

"From the moment I walked through the doors, I felt safe and comforted."



THE MOMENT SHE CAN REST

When exhaustion sets in, your generosity provides a secure room, a comfortable bed, and the essentials needed to rest and begin to recover.

"Even though our world had flipped upside down, it felt like we could breathe again."



THE MOMENT SHE BEGINS TO HEAL

When she is ready to share her story, your gift makes counselling and emotional support available. She and her children can begin to process what they have experienced and consider what comes next.

"I can't imagine doing this without their support."



THE MOMENT SHE STARTS TO REBUILD

When she is ready to rebuild her life, your support provides housing assistance, legal support, and ongoing after-care.

"The after-care program has brought so much to my life. It is a place I can go to get support as well as give support to others."