



Community SOLUTIONS

See how your generosity helped local families and teens in crisis! Spring 2023

Her abuser retaliated by taking her daughter away

Thank you for giving Salma safe shelter and helping her reunite with little Sofia

Salma was tired, terrified and feeling hopeless when she arrived at our domestic violence shelter. And she was very angry, too.

She had reported her abuser to the police but he retaliated by filing a restraining order against her.

Salma was already struggling with homelessness and occasional drug use -- encouraged by her abuser. The legal action triggered the removal of her daughter, Sofia, from her care. Salma feared she would never again be allowed to care for Sofia.

Thanks to your generous support, Salma found a team of caring advocates ready to help her find permanent safety and reunite with Sofia.

Your support provided Salma with safe shelter, legal advocacy, connections to housing programs, referrals



Your support provided Salma with safe shelter and the legal support she needed to reunite with her daughter, Sofia. Thank you!

to credit counseling, legal aid, parenting resources, and so much more!

Attending court hearings while also working was very stressful. Salma was thankful for the support of her advocates to help her through. She was especially grateful to have someone by her side in court every day

until the restraining order was finally dropped.

Today, Salma is free of the abusive relationship, has a stable home, and lives drug-free. Most important to Salma, she and Sofia are back together again.

Thank you for giving Salma and Sofia a safe future together!

Salma is grateful for the "safety, stability and financial education" that helped her reunite with Sofia

FROM THE CEO



*Erin O'Brien
President & CEO*

Your generosity changed their lives!

Domestic violence, sexual assault, and mental illness may feel overwhelming and unsolvable. But your support has already helped so many people in our community overcome these crises.

As you can see here, your recent support provided: shelter and legal support to help an abused mom, critical mental health care to help a struggling teen, and safety and care to help a teen sexual assault survivor.

Salma, Conner and Jacqueline are living proof of the difference your generosity has made. Thank you for giving the gift of safety and care that changed their lives!

A blue ink handwritten signature that reads "Erin O'Brien".

"You gave me a 95% stress and anxiety-free life"

Thank you for helping Conner get the mental health care he so desperately wanted

14-year-old Conner was so anxious that he would cry in the morning before school. His anxiety kept him up at night and left him struggling to complete daily activities. He was failing his classes and was often angry and irritable with his family and friends.

Thanks to you, when Conner reached out for help, he was able to get the mental health care he needed. His mom was grateful to find that care right here in our community.

In therapy, Conner found a safe space to talk about his challenges, thoughts, and feelings. He learned healthy coping skills to manage and reduce his anxiety. He especially liked practicing mindfulness to calm his racing thoughts.

We're happy to share that Conner's improvement has led him to excel in school this year! And his relationships with family and friends are stronger than ever.

"I sleep better. I get up on time better. I get my school work done in a timely manner. I go outside more. I hang around others more and my mood has greatly improved," says Conner

Thank you for helping Conner get the critical mental health care that he so desperately wanted and needed. Thanks to you, he is feeling so much better today!



Your support gave Conner the therapy and healthy coping skills he needed to manage his anxiety. A lifelong gift indeed!

She replayed the assault over and over again

Thanks to you, Jacqueline has stopped blaming herself and is seeking justice

Jacqueline had spent three years replaying the assault over and over again in her head. She was only 13 when it happened, but she still thought she had somehow provoked it.

When Jacqueline reached out to the police at age 16, she was depressed, failing her high school classes, and ready to give up on everything.

Thanks to you, when Jacqueline reported the crime, she was immediately connected to a caring advocate trained specifically to help survivors of sexual assault.

Your support provided Jacqueline with counseling and other activities designed to help survivors regain self-confidence.

For a long time, Jacqueline continued to blame herself for the assault. The



Your support provided Jacqueline with a caring advocate trained specifically to help survivors of sexual assault. You helped her regain her sense of safety, confidence and joy for life.

perpetrator had a child, and she felt sorry that he had to go to court. At times she would say that she didn't want to testify anymore.

Jacqueline says what helped her more than anything was having someone to talk to about the assault. "My advocate kept telling me the assault was not my fault,

You've helped Jacqueline feel confident enough to speak up for herself and to advocate for others when she sees an injustice.

It's been two years since she reported the crime, and Jacqueline says she feels strong enough to face her perpetrator in court when the time comes.

"My advocate kept telling me the assault was not my fault ... and helped me take back the power."

Jacqueline, age 18

over and over, and it helped me realize it was okay to make mistakes and to take the power back that was taken from me as a child," says Jacqueline.

Thanks to you, Jacqueline is happier today and full of hope for the future. She has even raised her grades and will be graduating this year.

Your help needed for local families in crisis

Your urgent gift can provide safety for a local family today!

As you read this, our domestic violence hotline is ringing with pleas for safe shelter. Parents are desperately searching for help as children and teens report depression, anxiety and thoughts of suicide at increasing rates.

On top of this, continued high prices and rent are causing parents to have to choose between paying rent or buying groceries to feed their kids. Local families and children are facing homelessness and hunger.

But you can help!

Your donation today of just \$43.54 can provide one day of safety and care for a local family who is hurting right now.

Your gift will provide things like emergency shelter, groceries, rent, life-saving mental health care, and more -- all the things a struggling family needs to survive today.



Your gift will provide a local family in crisis with life-saving support, such as safe shelter from violence, emergency groceries, and more.

That's an incredible gift you can give to a local family who is struggling right now!

Please help today by sending 1, 2 or even 3 days of safety and care to help a local family in crisis.

Your gift of just \$43.54 can provide one day of safety and care for a local family in crisis!

My special donation to help a local family in crisis!

Yes, Erin! I want to help a local family in crisis and support all the critical work of Community Solutions. Enclosed is my gift of:

- \$43.54** to provide 1 day of safety and care for a local family in crisis
- \$87.08** to provide 2 days of safety and care for a local family in crisis
- \$130.62** to provide 3 days of safety and care for a local family in crisis
- \$ _____ to provide as many days of safety and care as possible for a family in crisis



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Give securely online at www.CommunitySolutions.org