

April 4, 2011

**Letter from a Mary Foreman Emergency Shelter Program Participant**

Dear Sally,  
  
As you may know, my abuser was granted bail and was recently released from jail. Shortly afterwards, I detected a flat tire on the passenger side front of my car. Panicked, I called my advocate and told her of my suspicions; she alerted the program and she expressed concern for my safety. I immediately went into total panic mode after learning from the mechanic who changed the tire, that the tire had been slashed.   
  
Despite this set back in terms of falling apart from the pressure triggered by my abuser’s release from jail, seeing him again, seeing his truck parked next to my car when we exited the courthouse and experiencing the jarring painful memories of the abuse I’d managed to bury for a short time in order to get on with my life. I feel my time at Casa Myrna has been a wonderful and productive experience for me.   
  
This program has been a beacon of light and hope for me at a time in my life when I’d lost literally everything but my soul. I feel my time at Casa Myrna has been wonderful and productive experience for me. I was able to separate myself completely from my abuser and dissolve the LLC created developed together, dissolve bank accounts, start a new journal and bury the old one about him. I’ve stopped crying all day, every day and stopped feeling sorry for myself and blaming myself so much (well honestly, I’m still working on that).   
  
I want you to know how grateful I am to be here, to feel safe and supported. I was a shell of a person when I arrived and feel so much stronger as a result of counseling, domestic violence support group, meeting with the nurses, and connecting with the community service providers referred to me. I look forward to being independent and strong again. I am making very positive headway with all of my advocates and feel I would be lost without their help with financial literacy and housing. Molly has been an amazing advocate, Tracy is great to talk to and the night staff.   
  
I am so grateful for all of the help and support provided by the wonderful staff.   
  
Sincerely,

“F”