



6 years living with abuse, 2 attempts to seek support, and 1 life changing conversation with my daughter.

Hello, my name is Nicole. I am a mother, a survivor of domestic violence, and this is my story.

In 2016, after the worst physical attack I had endured, I fled in the middle of the night with my daughter, her puppy, and the clothes on our backs. In that moment, I had no premeditated plan - **the only plan I had was to get us out with our lives.**

As the sun began to rise, I realized the hurdles ahead of me. I had no support system because I never confided in anyone of the nightmare we were living. We were homeless and we were alone. It began to occur to me what I was going to have to deal with – doctors, police, Children’s Aid, lawyers, court dates, financial issues - it was overwhelming to say the least. Days turned into weeks, then months, and I stumbled through the unknown without asking or accepting help. Doing it on my own nearly destroyed me.

But **you were there for me and my family.**

As a supporter of Cornerstone **you helped change my family’s life.**

When we invest in local resources it is life changing. **I am living proof of that.**

The first time I came to Cornerstone, I resented having to be there. Every second of it. It didn’t matter that the counsellor was kind and wanted to help. It didn’t matter that she offered me support, a place to stay, food to eat, or most importantly safety for my family. I wasn’t ready to admit to myself that I needed help. I didn’t want to be vulnerable and I didn’t want people to think I had failed. I wasn’t ready to be there, to be heard, not yet, so I left.

Help was right in my lap, reaching out to me, and I walked away from it.

It wasn’t until 3 years later that I accepted help from Cornerstone. Admittedly, it wasn’t my desire to

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Here’s my gift of:

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My cheque payable to Cornerstone FVPC is enclosed

OR

Please charge my:  

Card No. _____

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Date _____

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try again, it was a conversation with my daughter that opened my eyes. We were discussing a recent physically abusive incident that had occurred, this time in front of my daughter. She took my hand and looked up at me and said "but we can't tell anyone, right mom?" and it was **in that moment that everything changed**. In that moment I realized that I was teaching my daughter to be silent. She deserved better. I deserved better. We went to Cornerstone together.

Cornerstone helped me feel empowered and find my strength. They helped my daughter learn that her voice matters. They have helped many other women and children just like my family. I am truly grateful they were there when we needed them.

Looking back on the old me who walked out of that first appointment – I was defeated and afraid of speaking out. Now I know I am strong and ending my silence. Every woman and child deserves to live free from the devastating issue of family violence. But all are not so lucky.

That is why investing in community supports like Cornerstone is so important. In the past year, your support has provided vital services to more than 2100 women, children and youth in Northumberland County. I hope we can count on your support again this year, so that more families have the opportunity to move out of danger and into a violence free future.

Will you consider making a donation to help transform another families future?

If you wish to make a donation, please contact Carly at 905-372-1545 Ext. 236 to make a credit card donation over the phone, or donate online **here**. You can also mail the form at the bottom of the letter to Cornerstone in the provided envelope.

Please take this opportunity to make a gift to help women and children find hope this holiday season. Your donation will be directed to the area of most urgent need, whether that be helping a woman create a safety plan, providing a child a safe place to sleep, or, like me, completely transforming my family's future. I will never forget where I have been; I am forever impacted by the abuse, but I will also never forget the support I received thanks to generous contributions from people/donors like you.

With gratitude,

Nicole

P.S. Please support the women and children impacted by violence when they need help the most by giving a gift today. By investing in a violence free future, you are changing and saving lives.



JOIN CORNERSTONE'S CIRCLE OF HOPE MONTHLY GIVING CLUB



YES, I'll take my support to the next level by making a monthly gift of:

\$15 \$25 \$50 or \$ _____

I've enclosed a cheque marked VOID, or a pre-authorized debit form. I authorize Cornerstone FVPC to deduct the amount I have specified from the account number provided on the 1st or 15th day of each month.
please circle one

I authorize Cornerstone FVPC to charge the amount I have specified above to my  
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Signature _____ Date _____

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By sharing your email address, you are providing us with consent to communicate with you electronically. All information you share will be kept strictly confidential. We do not share donor information.

You may change or cancel your monthly contribution at anytime by calling 905-372-1545 ext. 236. You have the right to receive reimbursement for any debit that is not authorized or is not consistent with this PAD Agreement. Donations of \$20 or more will automatically receive a charitable tax receipt. For monthly donations, a consolidated tax receipt will be mailed at the beginning of each calendar year.



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