



Wednesday, May 1, 2019

Dear Friend,

Imagine living in fear and pain every single day.
Imagine knowing you need out, but not knowing how.
Imagine having no one to turn to. No one to trust to get the help you need.

For me **I didn't have to imagine**. 4 years ago, **that was my reality**.

I am happy to share that I eventually found the strength and courage to leave, but it wasn't easy. For me the hardest part was finding someone I could trust to share my struggles with. Someone who could help me. I was living in fear - the emotional and physical abuse occurring on a daily basis. I had no support system around me. People had no idea. I was holding a lot in; bottling up my feelings and my pain because I was afraid. Afraid I wouldn't be heard or believed. Afraid my partner would find out. Afraid I'd never make it out alive or feel safe again.

I lost myself; I felt worthless, hopeless and like giving up.

But once I told someone, someone I trusted - everything changed.

I was still scared. I was also angry, frustrated, and hurt that anyone I ever tried to talk to about this before wasn't supportive. All I needed was someone who cared about me. I didn't have that until I reached out to a professional, a complete stranger, and they wanted to help me. I told them my situation and they immediately put me in touch with a shelter. **That is where I started my journey to safety.**

Please turn over..

Donate online at cornerstonenorthumberland.ca/donate OR call **905-372-1545**

YES, Deb, you've inspired me to give!

Here's my gift of:

\$50 \$75 \$100 or \$ _____

Charitable Registration No. 11930 2289 RR0001.

My cheque payable to Cornerstone FVPC is enclosed

OR

Please charge my:  

Card No. _____

Expiry Date (MM/YY) _____ CVV _____

Signature _____

Date _____

Telephone _____

Email _____

Become a monthly donor to make the biggest impact. Please see over.

I arrived at Cornerstone shaking like a leaf, **but I had hope** and knew that this was my new beginning. It took me time to warm up, but I could finally catch my breath. Cornerstone had reliable, caring staff that I felt safe talking to available 24 hours a day, and a secure, warm place for me to lay my head. This refuge was irreplaceable.

Through my time with Cornerstone I didn't just find safety, I found myself. With their support I was able to move on and become the person I want to be. Now I have a place of my own, and for the first time in my life I have found who I am. I can finally have the happiness and life I deserve.

Every woman and child deserves to live free from the devastating issue of family violence. All are not so lucky.

That is why investing in community supports like Cornerstone is so important. What Cornerstone does for the community is priceless. They offer life changing supports. Cornerstone was there for me, when no one else was. **They saved my life.**

Please take this opportunity to make a gift to help women and children move out of danger and into a violence free future. 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 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 donors like you.

With gratitude,

Deb, Cornerstone Client

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 help create a place where hope can take root and grow.

JOIN CORNERSTONE'S CIRCLE OF HOPE MONTHLY GIVING CLUB

**YOUR
BEST
WAY TO
GIVE!**

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

\$10 \$15 \$20 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
on the 1st or 15th day of each month.
please circle one

Card No. _____ Expiry Date (MM/YY) _____ CVV _____

Signature _____ Date _____

Telephone _____ Email _____

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.



CORNERSTONE

Family Violence Prevention Centre
A PLACE WHERE HOPE GROWS

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cornerstonenorthumberland.ca

Charitable Registration No. 11930 2289 RR001