



CORNERSTONE

Family Violence Prevention Centre

A PLACE WHERE HOPE GROWS

Rotary Club Of Brighton
P.O. BOX 1603
Brighton, ON K0K 1H0

October 22, 2020

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

Dear Rotary Club Of Brighton, 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

Please turn over...

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☒ **YES. I feel inspired to give!**

☐ My cheque payable to Cornerstone FVPC is enclosed