



Dear Harmony House Friend,

If you're a Netflix fan then you've likely already binged watched (or at least have heard of) the newest hit series 'MAID'. This incredibly well written show and talented cast features a young mother named Alex who becomes lost in a broken system while trying to leave an abusive relationship.

The women who come to Harmony House are very much like Alex. With few resources, little to no support systems, no childcare and no income, finding an affordable place to live is all but impossible. So, Alex does what most women in her situation do; she goes back to her abuser. What the show describes is very true, it takes on average 7 attempts before a woman will be successful and be able to finally leave for good.

**Thankfully, places like Harmony House exist to help women leave abuse behind and never return to it. This shelter is more than a safe place to stay. It's full of programs, resources and empathetic people who help families to overcome their trauma – which is just as important as being safe.**

Our core funding focuses on providing physical shelter but not the cost of trauma or mental health treatments.

**Shelter and mental health supports are equally critical to the women we serve, which is why we are asking for YOUR help.**

With many Covid restrictions lifted, we are finally able to resume our in-person programming, and what a difference it has made! Women need each other, need a community of supportive people who can relate and empathize with them. They need mental health support and to be reminded of the strength and power they hold within them.

Please help us raise enough funds to ensure no women must return to her abuser. It would only cost \$20,000 to have 20 women receive help from a professional therapist. The average amount of visits a survivor would need to help them through their trauma is only 6 or 7 visits!

**That's 20 families that would thrive, heal and live their best lives...all because you took the time to give!**

As you can see from our newsletter, we have amazing programs and staff already in place. The missing link is the professional in-person therapy. Help us close the circle so that the women here are able to access the support they need to love themselves once again. Strong, healthy and happy women and children will only help our community thrive and YOU have the power to help make that happen.

**Visit us at: [www.harmonyhousews.com](http://www.harmonyhousews.com) to make your gift today, or send in the attached slip in the pre-addressed envelope. Every dollar counts and so does every woman and child.**

Thank you from all of us at Harmony House. Should you need some help or know someone who does, please call us at: 613-233-3386.