

Give a Gift of Hope this Mother's Day.

My name is Cindy, and I agreed to share my story in the hope that it will help other women and mothers who find themselves in a similar situation.

*When I got married I was full of hope and thought that I had found happiness at last. In the beginning, everything seemed promising — love, respect, commitment. When my husband's controlling behaviour began, I thought nothing of it at first because I wanted my marriage to work. The **emotional abuse started slowly**, building up over time. First, he didn't allow me to adjust the heat in the house when I was cold, although he kept the heat on in his workshop. Then he started restricting the amount of toilet paper I was allowed to use. As things progressed, I was told that the way I cleaned the house or cooked dinner was all wrong. If I was watching TV and he came into the room, he would grab the remote and change the channel. It didn't matter if I was in the middle of the program. My feelings didn't matter.*

Life took an even crueller turn when I was involved in a serious accident that left me hospitalized. During this time of vulnerability, the person I should have been able to count on the most was nowhere to be found. His absence spoke volumes. I discovered that he was cheating on me, and it became increasingly clear that the love and support I longed for were non-existent.

*As I struggled to recover, I also struggled with the realization that I was in an emotionally abusive and controlling relationship. **All the torment and manipulation took place behind closed doors, and I felt isolated and ashamed.** Because he appeared so likeable and charming to the outside world, my family and friends found it hard to believe the extent of the abuse. The facade of normalcy I presented to the world was shattered, and the truth remained hidden from those who mattered most.*

It wasn't until a family member intervened and sought help on my behalf that I found refuge at Harmony House. It was the only place where I felt truly safe, a place where I could heal, rebuild, and rediscover my worth.

By making your financial gift today, you will be providing hope to survivors like me and their families.

In the midst of darkness, I found a community at Harmony House that embraced me with open arms, offering support, compassion, and a sense of belonging. For the first time in a long time, I dared to believe in myself again. The front-line workers helped me to rebuild my life and connected me with different resources.

While Mother's Day is a time to celebrate the nurturing, love, and strength mothers provide, it's also a time to remember the mothers who are seeking safety for themselves and their children. A place of hope where they can begin to heal.

That's why this Mother's Day, Harmony House is launching a special fundraising campaign to support programs for the children at the shelter.

*Your generosity can make a profound difference in the lives of these children — offering them opportunities for growth, healing, and joy. Whether through day trips, outdoor activities, or providing healthy lunches, your contribution ensures that these **children have a safe and nurturing environment to thrive.***

This Mother's Day let's honour the resilience of survivors and the unwavering strength of mothers everywhere. Please donate today and make a profound and lasting difference in the lives of the children at Harmony House by giving the gift of hope. - Cindy

With your support, programs for the children living at Harmony House who have witnessed violence and trauma can continue. Give today,
scan the QR code or visit
www.harmonyhousews.com



Scan or click here
to give today