



# You are breaking down barriers for survivors!

For so many survivors, being in an abusive relationship is not their only barrier to independence. For people of color, for immigrants and refugees, for those with mental health needs or physical disabilities, or for those with strict cultural expectations, the barriers toward building a safe, fulfilling life are only increased.

*But you have brought a new beginning to so many of these survivors. Your support is truly making a difference.*



## You gave Sonja hope

"I came to the United States with my husband, who had legal status. I wanted to leave, but I was terrified of going to jail. He threatened to get me

deported, and I would be separated from my children. Without a visa, I couldn't work legally. New Beginnings has connected me to so many resources and given me hope for the future."



## Samuel spoke out—and you believed him

"When I tell people that I was in an abusive

relationship—I'm a large, black man—I think people are shocked. Most probably don't believe me. But my ex-wife beat me constantly, telling me that if I called the police, she would hurt herself and blame me. Even worse, she threatened to take our daughter away from me, saying nobody would believe me. But New Beginnings believed me."



## Your support brought Nadeen a new family

"My family told me that it was my job to keep my

husband happy, and that if he wasn't, I must be doing something wrong. I grew up in a family with a father who was strict and mean, and I married a man who was no different. When I left my husband and came to New Beginnings, my family rejected me and told me I was out of the family. I lost them, but I gained a new family here, one full of love and support and respect."



## You helped Gina access vital services

"I have struggled with depression and anxiety for many years, and my husband refused to let me seek treatment. I ended up losing my job and became financially dependent on him. One night after he threatened to kill me, I fled with our two kids. We lived on the street for several weeks before I learned about New Beginnings, and we moved into their housing program. For the first time in so many years, I was able to meet with a mental health therapist, and I'm finally sleeping through the night—in our own safe apartment."



## Kaleefa

As a woman of color, I was taught to fear the police. Growing up, I saw friends and family being arrested just for walking down the street or staying too long

in a restaurant. When I found myself in an abusive relationship, I didn't know who to trust. I was so happy to find New Beginnings and know that they wanted to help me and make sure my children also were safe. We spent nearly a year in their housing program, which gave us all the time and space we needed to start healing from the abuse."



## Are you at risk? Learn the warning signs of abuse.

Is your partner:

- Jealous or possessive
- Monitoring your whereabouts/checking your cell phone
- Rapidly progressing your relationship
- Pressuring you to isolate from family and friends
- Blaming you for what is wrong: "It's because of you that I get so mad."
- Manipulating emotions and guilt tripping: "If you really loved me . . ."
- Threatening and/or harming you?

### Any or all of these are signs of abuse!

If you need help now, want to talk about your options, or want to support a family member or friend, please call our 24-Hour Help Line at 206-522-9472.

## DID YOU KNOW?

Women with disabilities are **40%** more likely to experience intimate partner violence, especially severe violence, than women who do not have a disability.

