

# Hello friend,



You don't know me, but I know you.

I know because I've been where you are. I know what it's like to never feel safe, to never feel comfortable. For ten years I lived like that. Day in, day out. I felt trapped, I didn't think that I could do it. Leave, I mean. But, one day, one very big day: I did. It took time for me to get there, but I did. And it's the best thing that's ever happened to me.

I want you to listen to me, every single thing you feel right now: the sadness, the anger, the guilt, the fear — everything. **It's all normal.** And it's all justified. And what's happening to cause these feelings is wrong. Period. Full stop.

My advice to you, if you want it, live for yourself. **Make up your own mind.** Life is too short to feel miserable and controlled. You have it in you to change this. You might not know it, but you do. Because you're a strong, beautiful, and courageous woman who has a future that is free and full of possibilities.

You will love and be loved again. I promise.

Your friend,



**Allura**  
*A survivor of domestic violence*

For more information call or visit  
**1.888.709.7090**  
sjwomenscentre.ca/dvsupport/

For more information call or visit  
**1.888.709.7090**  
sjwomenscentre.ca/dvsupport/

For more information call or visit  
**1.888.709.7090**  
sjwomenscentre.ca/dvsupport/

For more information call or visit  
**1.888.709.7090**  
sjwomenscentre.ca/dvsupport/

For more information call or visit  
**1.888.709.7090**  
sjwomenscentre.ca/dvsupport/

For more information call or visit  
**1.888.709.7090**  
sjwomenscentre.ca/dvsupport/

For more information call or visit  
**1.888.709.7090**  
sjwomenscentre.ca/dvsupport/

For more information call or visit  
**1.888.709.7090**  
sjwomenscentre.ca/dvsupport/