

+  
**Hello  
friend,**



I believe you, even though this is incomprehensible to those who have never experienced it.

I believe you, and I know it doesn't matter how strong you are, because this can happen to anyone at any time.

**It doesn't care about economics or social status.**

I believe you, because what's happening to you is and **always will be wrong.**

I believe you, because you have worth and value and are loved by more than just me. You and your life are a gift to this world.

I believe you, and I want you to know that there are places that will help you and your children escape safely, and they will do everything in their power to make sure you never have to live like this again.

I believe you, and **I stand with you** as a friend, an ally, and a survivor.

I am you.

Your friend,

  
**Miriam**  
*A survivor of domestic violence*

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

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