hopewomen's center

Meet CRISTINA

(For confidentiality, images and names do not reflect this narrative.)

For years, the weight of fear and trauma kept Cristina and her children isolated.

Her son had learned to flinch at raised voices and hide away in fear. The tension was always present, even in the quiet moments. As a young mother, she carried the pain of knowing that her children's daily lives had been affected by the violence they had witnessed.

When Cristina first came to Hope Women's Center, she was exhausted physically, emotionally, and spiritually. Although she had found the strength to leave, healing still felt overwhelming and impossible.

Participating in our Every Mother's Advocate (ĒMA) program, Cristina began to heal. With the support of her compassionate ĒMA advocate, she learned how trauma had shaped her relationship with her children.

"I am incredibly grateful for the support."

Today, Cristina stands stronger than ever after successfully completing the ĒMA program. But more than that, she has broken the cycle. She is raising her children in a home filled with hope, safety, and love.