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At JCADA, we are all dedicated to empowering survivors of Intimate Partner Violence (IPV), ensuring safe communities, and educating others on the realities of abuse. Both as individuals and as a group, we believe everyone deserves to be safe. The impact of our work has the power to save, transform, and improve lives. An incredible example of this comes from a JCADA client, Adrienne (name changed to protect identity).

Adrienne came to JCADA three years ago, because she told friends that she feared for her life. Those same friends encouraged her to call JCADA. Soon after that first call, her husband strangled her so severely that she experienced a traumatic brain injury that led to a subsequent stroke, leaving Adrienne partially paralyzed. For a full year, Adrienne was in a rehabilitation facility, recovering from her injuries and unable to be with her children, who were left at home with their father.

With support from JCADA's therapists and advocates Adrienne was able to move out and file for divorce. Adrienne is not just surviving, she is thriving. Instead of spending her days in fear, she spends them embracing freedoms previously denied to her, attending community events, and crafting costumes for her children.

Just recently when Adrienne's wheelchair broke, the JCADA team secured a grant to purchase her a brand- new powered wheelchair. This major donation enables Adrienne to pursue employment outside her home.

Adrienne is hopeful that someday soon she will be healed enough to support other survivors. When asked about her journey, Adrienne wrote this compelling poem.

*It's not about making it through the day any more*

*Knowing when to duck, flinch, and turn*

*It's so much more than survival and safety*

*It's about waking up*

*Noticing the light streaming in even on a rainy day*

*It's learning to thrive*

*Granting myself grace*

*Permission to do hard things*

*To make big mistakes*

*To exhale, to laugh, to cry, to live, to BE*

*It's me*

We are honored to know Adrienne, her strength, and her spirit. There are 1,300 clients just like her who rely on JCADA every year to obtain protective orders, meet their basic needs, or move from their trauma towards emotional and physical safety. Only with your financial support will JCADA be able to increase collective support for survivors.

Thank you for joining us in the movement to end IPV by learning with us, supporting us, and letting others know how important our lifesaving work is to the community. Please visit [jcada.org/take-action](https://jcada.org/take-action) today to ensure a safer, healthier, happier tomorrow for IPV survivors and their families.