



SAFE HAVEN
OF GREATER WATERBURY, INC.

May 12, 2017

c/o: Jayme V. Ierna, Chair
Petit Family Foundation
32 Whiting Street
PO Box 310
Plainville, CT 06062

Dear Friends,

I am writing to thank and extend my deepest gratitude to the Pettit Family Foundation for awarding Safe Haven the grant towards high quality 24/7 counseling services for women and children in crisis. This funding allows Safe Haven to continue assisting victims and survivors fleeing domestic violence and sexual assault. Below is one of our survivor's stories.

Krista walked in. Krista said, "Can you help me", in a soft, meek voice. Krista then spent the next few hours describing the emotional, physical, financial and technological abuse she had been through over the past couple of years. The strain on her caused several medical issues making her incredibly weak. Krista, cried, and slumped in the chair; Krista didn't know what to do. Krista didn't feel ready to leave. Krista wanted her children to finish up the school year. Krista had spent two years of her life believing in and following her partner. Above all, Krista couldn't believe she was one of "those" women who loved a man that beat her. Krista couldn't believe that she had become a victim.

Krista continued to come to Safe Haven. Krista came randomly to keep her appointments secret. Krista became very skilled at making the most of her limited freedom under his intense control. Krista tried leaving a couple of times, but he seemed to pull her back. Krista kept thinking he would stop beating her or felt hopeless that he would always find her or feel depressed that she would have to live in shelter forever if she left. Krista couldn't believe that he could tell her how much he loved her while he threw her against walls, pushing her and hitting her so hard she would crumple to the floor, where he would then kick her, all the while calling her terrible names. Krista was confused, nothing made sense. Krista would often say how she just couldn't think anymore.

Then, it happened, Krista almost died. He almost killed her. Krista came home late from work. He was enraged. He did the regular beating then he put his hands around her throat and squeezed. Krista felt her life slipping away. Krista's body didn't want to give up and somehow jolted, knocking over a table and lamp, crashing to the floor. The noise stopped him. Krista broke free and ran. Krista

managed to automatically follow her safety plan, created by her and her advocate; discussed at every session. Krista got the kids, got in the car and fled to the police station.

Krista waited until the morning for her advocate. Krista was in such shock she didn't want to talk to anyone else and became paralyzed to even make the step of going into the police station. Krista called the hotline when Safe Haven opened and her advocate went to the police station to guide Krista in. After talking with the police, the Safe Haven advocate brought Krista and her children into shelter.

With the help of Safe Haven Krista and her children were relocated quickly guided by months of planning. Krista was able to get an apartment in a good neighborhood near her family. Krista's health problems slowly went away. Krista started taking job training courses and is working on getting a career that will support her and her children. Krista dreams that one day she can own properties that she will let women like her stay at or rent at low cost so they don't ever have to choose to be abused.

Krista is one of the over 3,500 people that receive Safe Haven services on an annual basis. The staff at Safe Haven experience at least two calls every day from a family that needs a safe refuge. Right now our emergency safe house is home to seven women and nine children.

On behalf of Safe Haven I extend my appreciation for your generosity and continued support.

Sincerely,



Margaret Rosa
Associate Director

*Thank you for
the good work
you do !!*