MEET MARY – A SUCCESS STORY THANKS TO **YOU**

United Way of Siouxland works to better the lives of people in the community. We fund 30 programs and initiatives in Siouxland and work to fight for the health, education and financial stability of every person in every community. The services provided allow for success stories like Mary's.

Mary* was in a dysfunctional and unhealthy relationship. She found herself leaving, and then going back to her abuser. In a moment of weakness she would believe and trust everything he would say.

When she decided to leave for good and seek help from Council on Sexual Assault and Domestic Violence (CSADV) she was greeted with smiles, open arms and words of encouragement. But more than that, she was met with an understanding she had never found before.

CSADV gave Mary a place to openly and honestly express her feelings about the abuse she had endured. In the morning meetings she learned what boundaries to put in place to prevent the wheel of abuse. The evening meeting "check ins" were helpful for Mary when she was having a bad day. She knew that what she was feeling was not uncommon and there were others who could relate. After talking Mary says she would feel better about her thoughts and emotions. She would walk away with the weight of the world no longer on her shoulders.

Mary says her time at CSADV has filled her heart with confidence. She knew that living a happy and fulfilled life was an attainable goal with hard work.

She says the women she met along the way are amazing people. She says they hold a common bond and hopes they will stay friends while keeping each other accountable.

Mary is just one of the many people helped by your donation to United Way of Siouxland.

If you, or someone you know, has been impacted by sexual assault or domestic violence, please contact CSADV by calling the 24/7 crisis hotline: 1-800-982-7233 or by calling 712-258-7233. Visit http://csadvsiouxland.org/home/ for more information.

Thank you for **LIVING UNITED** | United We Can Do So Much

*Name has been altered out of respect for her privacy