

Adelante Mujeres



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(From a parent of an Adelante Chicas participant)

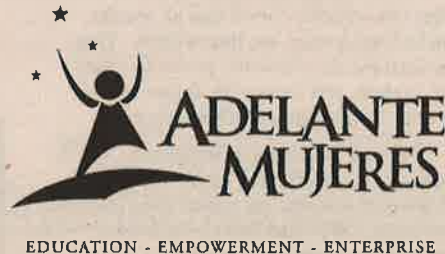
To the staff at Adelante Mujeres —

I would like to thank you for everything that you do with our families, for having the time and dedication to be with the girls, for teaching them values, self respect — respect for others, how to overcome fears and above all to know that there is someone in whom they can trust.

As parents, we try to do our best to help our children and with your help we will be able to have are responsible and noble sons and daughters who are able to help those in need and above all to keep in mind that the basis of our success is having a higher power as the center of our lives — where one can find security and trust.

— Muchas gracias for all you do.

Adelante Mujeres is dedicated to the holistic education and empowerment of low-income Latina women and their families. Services include Adult Education, Early Childhood Education, Adelante Chicas - a support network for girls, Adelante Agricultura - an organic farming project, Adelante Empresas - a small business incubator and the Forest Grove Farmers Market.



Adventures Without Limits



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"I want to share a story with you how Adventures Without Limits made a difference in one life... mine.

Being severely abused as a child changed me as a person, left me disabled and I am now learning to live with chronic ovarian cancer. One far too frequent form of abuse involved an adult forcibly holding me under water so I could look up into their face and wonder, 'Will I die this time?'

In spite of this trauma, or perhaps because of it, I have had a life long desire to sea kayak, but because of my life circumstances and finances, this was one more dream that I thought would be impossible to do. Imagine my excitement when I discovered Adventures Without Limits makes 'impossible dreams' come true for people like me.

Adventures Without Limits made it both safe and possible for me to squarely face one of my terrors and, in doing so, I have been able to make my lifelong dreams come true. I Sea Kayak! Because Adventures Without Limits gave me the support I needed, physically, emotionally, and financially, I discovered sea kayaking would help open the prison doors behind which I've lived most of my life."



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Community Partners for Affordable Housing



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We are so proud of this story from one of our senior residents at The Watershed Apartments, who shares the peace and comfort she has found from a little garden space and a safe, secure home.

"My love of gardening came very late to me. After leaving the house I shared with my sister for 17 years, my health began to run away from me and my overactive mind did not have room for flowers. After several hospital stays (for broken ribs and pelvis), my mind was as jumbled and broken as my bones. I moved to a half-way house and eventually made my way home to The Watershed. From my third-story apartment I can walk to the roof-top garden. Last year my sister brought tomato plants, a corn stalk, sunflower and marigolds. But this year, I put all my heart into it and did as much of the work as I could. I am so proud to see my planter boxes all in a row. I am so grateful to have the chances I have gotten and the friends I have made here at The Watershed, where I hope to spend the rest of my life."



Domestic Violence Resource Center



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Throughout all of our programs, we focus on empowering individuals to have safe and healthy relationships and lives.

This year, we received a letter from one woman who stayed at Monika's House shelter. She wrote of a great appreciation for the counselors she worked with, who provided her space to process her past experiences in support groups, and encouraged her to express her thoughts through art. Processing her personal struggles through art therapy allowed her to break through what held her back, and, in turn, reminded her of her passion for art and it's abilities to help her heal.

"Without Monika's House providing me this counseling, and without help of staff—I wonder where I, and others, would be today," she wrote. She told us the support she received helped her work toward the healthy person she is today.

At Domestic Violence Resource Center, we offer support to survivors from various angles, by offering basic necessities, art therapy, counseling, legal advocacy, as well as continual resources, education, and empowerment to lead healthy lives.

The support we give is an extension of the great support we find in our community. Together, we can empower all people to have safe, healthy relationships!



DOMESTIC VIOLENCE
RESOURCE
CENTER

Community Action
changes people's lives,
embodies
the spirit of hope,
improves
communities
and makes
America
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place
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www.communityaction4u.org