

Hope Recovery Believes:

1. Trauma is not the fault of the victim, it is the fault of the perpetrator.
2. Victims of trauma can become survivors and lead healthy and productive lives.
3. Survivors of trauma can overcome the ill effects of their trauma and can find healing.
4. Survivors of trauma have the right to professional, ethical, and healthy treatment and support.
5. Past trauma is not an excuse to traumatize others.
6. Adult survivors of abusive trauma have the right to receive healthy care, appropriate touch and hugs, which may have been missed out on as a child, without sexual overtones.
7. Trauma survivors have the right to say no.
8. Survivors have the right to have a safe and supportive environment to recover in.
9. Survivors have the right to speak their own opinions and the responsibility to respect the opinions of others.
10. Survivors have the right to be listened to determine the best course of action for their lives.
11. Survivors have the right to agree or disagree and the responsibility to allow others to do the same.
12. Survivors have the right to be part of the decision making process and the responsibility to be accountable for those decisions chosen.
13. Survivors are not alone, even when it feels that is true. God loves survivors!

STATEMENT OF FAITH

Psalm 147:3 He heals the brokenhearted and binds up their wounds.

MISSION

The mission of Hope Recovery is to provide support and compassion in the lives of adult survivors of abuse and sexual trauma.

VISION

To offer support and compassion as survivors make their way on the journey of recovery and healing.

**Donations are welcome to
keep support services free
for survivors.**

Hope Recovery

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Hope Recovery Inc.

Support & Services



{ You Are Not Alone! }



About Hope Recovery

About Hope Recovery Inc.

Hope Recovery is a support program for individuals struggling with the effects of abuse and sexual trauma. We are devoted to providing support services to adult survivors of these traumas. We are a non-profit organization and any survivor or person who supports a survivor is welcome to receive support from our program. We will do everything possible to make sure you receive compassionate and understanding support. For those in the Christian faith, we offer support and encouragement with a spiritual focus. We do not evangelize or proselytize in any manner.

What We Offer

- ◆ Education
- ◆ Information
- ◆ Online Support Groups
- ◆ Phone Support
- ◆ Publications
- ◆ Referrals

Reasons to Seek Support

You or your loved one has experienced some type of abuse as a child, violence from a spouse or dating partner, been bullied, been abused spiritually, experienced a form of sexual assault or some other abusive trauma. You may be experiencing

varying degrees of posttraumatic stress disorder, dissociation, feelings of helplessness, use of alcohol/drugs, self-injury, eating disorders, and/or difficulty with boundaries, relationships & intimacy or more. Feeling you are alone in recovery is a reason to seek support—there are others working on the journey of recovery at this time too.

Informational Topics & Issues

We offer information, workshops and support to develop coping skills in the here and now for the following topics and issues.

- ◆ Dissociative Disorders
- ◆ Domestic Violence
- ◆ Emotional, physical & sexual abuse
- ◆ Grief & Loss due to Trauma
- ◆ Grounding Skills & Flashbacks
- ◆ Posttraumatic Stress Disorder
- ◆ Self-Injury
- ◆ Sexual Assault

Costs of Services

All support services are free to survivors. Supportive persons are encouraged make a donation on behalf of a survivor.

Benefits of Services

- Increased socialization
- Opportunities to be involved
- Increased coping skills
- Increased healthy relationships
- Increased hope and self-esteem
- Increased support

Crisis & Therapy

We are **unable** to provide crisis assistance. If you or someone you care about is needing immediate assistance, please call 911, go to the emergency room, or contact your local emergency responders.

Our services are best used as an asset to professional treatment. Information and services provided are NOT a replacement for professional treatment. If you do not have a therapist, we can provide links to trauma therapists or provide you with links to find a provider in your area.

Volunteering

Hope Recovery is always looking for volunteers with a variety of opportunities available to get involved both online and in person, many from the comfort of your home.