



Identify Reasons to Stay Safe:

Take gentle care of you. You are so worth it, and so valuable. Use this to remember you are worth the energy to take care of you. Hang in there.

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 trauma survivors.

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*Mini
Personal Safety
Prevention Plan*



{ *You Are Not Alone!* }

