

NOW



I feel very positive about my future and feel relieved to have left my abusive situation.

I'm very thankful to have been able to find the courage to leave and come into Trident Reach's refuge, as it has given me safe place to become strong and find purpose in my life again.

I now concentrate on spending time to work on myself by meditating and doing positive self-care therapy. This is enabling me to look forward to my future and becoming independent, which I will be doing my obtaining a masters degree and hoping to become a Business Management Analyst.

I now looking forward to moving into a place of my own that I can call my forever home.



But you will leave here with
so much more, from the
peace and safety provided by
the refuge and its staff.