

## Bruises go away, but memories never do

“I am a survivor of domestic violence. I have dealt with physical, emotional, sexual and mental abuse. The emotional and mental is the worst.

Bruises go away, but memories never do.

I am so thankful to God everyday that NOA was there for me to go to, because without them I would have ended up going back to him and would probably be dead now.

A lot of women keep staying due to the things they are told such as “Nobody else will ever want you.” and they listen so long that they feel there is no way out.

Yes, it is going to be hard, but when you have people like the ones at NOA to help you be strong, you can make it through anything!”—Tina\*