

*Stories (cont)*

They supported, visited, and gave us talks on different topics. I learned techniques to release the stress I held in my body because of the emotional pain of losing my family members. They helped my mother a lot by supporting her in her sickness. They taught her to express the pain that she had held in for many years. The psychologists from ACT ALLIANCE / CEDEPCA said that when we were no longer in the shelter, they would help us find homes in our towns – and they followed through on their word.

My mother was very happy to see them. She was a very old woman and before she died she asked us to let the psychologists use our house to give their talks. We are thankful for ACT ALLIANCE / CEDEPCA for sending the psychologists. They have taught us to value ourselves, to know our rights as women, to recognize the violence that we have experienced. Some things that we saw as normal we now recognize as violence and we know that those things need to change.”