



This year, we have a message of hope for you in a time when we could all benefit from a success story. I am so thankful to be able to write to you about this.

These words are directly from a STAR client who was helped because of people like you...



“...Between trying to heal and work through my trauma, keep myself and children afloat, and stretch myself thin working, I just didn’t know how I would continue to manage...”

(Due to strict confidentiality guidelines, this client’s name and personal information must remain anonymous.)

“When I first came to STAR several months ago, I didn’t know what to expect and was reaching out as a last resort. I’d been referred from a friend, because my entire life had been turned upside down and I had nowhere else to turn. A few weeks prior, the person I loved and trusted completely shattered my world. I was left trying to pick up the pieces, make sense of things, and stay afloat with my bills and regular day to day routine.

The services I received at STAR were far from what I had imagined. My first intake they didn’t ask me for any information I didn’t feel comfortable sharing and allowed me to take my time. By the end of the intake, I felt comfortable with their staff, and was connected with an advocate who I could turn to for support and help navigating the court system.

What I didn’t realize at the time, was how difficult it would be to stay afloat as a one income household. The life I’d created had been shared with someone,

including our expenses. Without that second income, I realized that bills were quickly piling up and even though I was taking extra shifts at work it just wasn't enough. I walked up to my front door one day and saw the eviction notice posted. Between trying to heal and work through my trauma, keep myself and children afloat, and stretch myself thin working, I just didn't know how I would continue to manage.

My advocate called the very next day to check in with me, and I tried to keep myself together but broke down in tears. I explained the situation, feeling ashamed that it had all come to this, even though this entire situation is the fault of my ex and the choices he made. She listened, and allowed me to talk, and then explained that there might be some assistance available. At that time I assumed she meant food bank assistance or some other option, I had no idea what would happen next.

After working with my advocate, looking at budgets and discussing future plans, the unexpected happened. My advocate called me back and let me know that they would be able to provide some financial assistance, as well as food and household items to help me get back on my feet.* **Never in my wildest dreams would I have imagined this would be the outcome.**

What STAR provided for me that day, was peace of mind and the ability to really focus on healing and moving forward. It allowed me to put my time and energy into my family, without having to stress about becoming homeless. During that time, I was able to make some adjustments so that I could sustain everything on a one-person income, which is something I wouldn't have been able to do if I was still trying to get out of the hole.

I no longer need financial assistance from STAR, but I continue to stay connected to my advocate for support and have been connected with counseling services so I can continue on this journey and path to healing. My hope is that no one has to go through a situation like mine, but if they do, I hope they are able to connect with an agency like STAR."

***Would you be willing to give \$10, \$25 or \$50, to help provide food and household items for someone in need?**

Your support means we can help the next survivor, like this one. We hope you can join us in our mission to end sexual assault in Alaska. Thank you so very

much, and we wish you a wonderful holiday season and a very healthy and happy new year.

Sincerely,



Keeley Olson

Executive Director, Standing Together Against Rape (STAR, Inc.)

P.S. On our website at www.staralaska.com, you'll find all the ways we are working to prevent sexual assault and help survivors heal, along with free resources for you to share with others who may benefit from our services. We hope you'll visit soon!

To make a difference today, you can give online at
www.staralaska.com/donate, or send a check or money
order to:

**STAR
1057 W Fireweed Ln Ste 230
Anchorage, AK 99503**

**You are helping us save lives, and for that we are
so grateful. Thank you for Standing with STAR!**

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