



HOPE FOR *hurting hearts*



Women who have suffered from sexual abuse can feel as though they are all alone in this world, and nobody understands their struggle.

Our mission is to empower women who have been abused; to give them renewed strength and confidence to live their lives to the fullest.

Hope for Hurting Hearts is a healing educational retreat for those who have been a victim of sexual abuse or domestic violence. It provides a safe place for women to gather amongst other survivors and share their stories and struggles. They learn they are not alone in this world; others are dealing with similar struggles and issues, and there is a loving Savior who wants to make them whole again.

The retreat takes place at Camp Kulaqua, in High Springs, FL, for 3 nights and 4 days. The group size is around 15 women; this ensures a more personal setting and allows counselors to have more one on one time with each survivor. Some activities include special speakers, "Face Your Fears" obstacles for teens, and equestrian therapy.

"Many of the women visit again. There is such a visible difference between the first and second time. Also, not only do the women benefit, but the families and children benefit as well."

-Dr. Annie Pérez has led Hope for Hurting Hearts for 10 years

Hope for Hurting Hearts has been meeting for 15 years, and has had a meaningful impact on the lives of hundreds of women. The program has grown and currently runs in English, Spanish, and last year we held our first teen retreat! It was a huge success, and will now be offered yearly. With three different retreats meeting throughout the year, additional funds are needed to ensure that the programs can continue to run.





I was a very happy child enjoying my days playing with my siblings and cousins never thinking about the danger around the corner. One day my uncle's brother asked me to follow him into his bedroom. He always made me laugh and gave me special gifts. But this time he did things to me I couldn't understand. He told me it was our secret and to not tell anyone. When I left the bedroom, I was not the innocent five-year-old anymore. My world had been shattered. Days later my mother asked me why I wasn't playing outside with the other kids. I was so afraid people were going to find out. I started being secretive, and before I knew it, I was angry. Why did he choose me? This was my fault; I shouldn't have entered his room!

When I became a teenager I didn't really care about anything. I saw how dark the world could be. I had an emptiness in my heart. Many days I just wanted to run away, no one understood me. For the longest time, I felt dirty and ashamed.

This past Spring I attended Hope for Hurting Hearts where I met other girls who are survivors of sexual abuse. I learned that the abuse was not my fault, and now I am working on my self-esteem and feelings of shame and insecurities. I am so glad I have a chance to live a normal life.

-17 year old Teenager

WE NEED YOUR HELP.

The three retreats (English, Spanish and Teen) cost about **\$6,000** each. These funds cover the cost of the venue, lodging, speakers, literature, activity materials, and food.

We need to raise **\$18,000** annually to ensure that these programs continue to run, and that more lives are transformed.

Would you join us in our mission of healing?

Call our office at (407) 644-5000 ext. 2246. Your support can change a life.

Give hope to a *hurting heart* today.

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Dr. Annie Pérez holds a Bachelor's degree in Nursing and a Master's degree in Marriage and Family Counseling. She has a Doctoral degree in Psychology with a concentration in Health Psychology. Dr. Pérez is the Prayer Ministries and Women's Ministries director for the Florida Conference of Seventh Day Adventists.

PLEASE CONTACT OUR OFFICE:

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