
Donna's Story



Donna, 41, came to Harbor House three months ago after being referred by both a medical professional and a friend. Although she had left her perpetrator, he continued to stalk her and threaten her safety and her children's safety. An Appleton resident, she has four children (ages 17, 12, 4 and 2). This is how Donna describes her experiences at Harbor House in her own words:

"I first noticed the very homey feeling here. I was scared to come at first, worried that no one would listen or believe me, but the staff were very understanding and helpful to me and my children.

Since I've been here, I've realized there are a lot of resources available to me for help on almost all levels. Support groups are very helpful, and I enjoyed the recent journaling workshops! Support groups for my kids have been a great blessing as well. Supplies I needed from time to time were also nice to have when we had no income to purchase them.

I've learned about the existence of so many types of domestic violence, and how they can happen to all types of women and families. Knowing what I know now, I will never allow a man to control me or my kids emotionally, monetarily, physically or any other way again. I do want someone who will walk beside me, someone who supports me and my dreams, even if we differ in viewpoints. I've learned to love myself for who I am, and it's OK to cry sometimes when you're hurting. Crying doesn't mean you're weak—just that you're human.

When I think about my future, I want to finish my master's in health care administration and get my own home for my kids and myself. And maybe someday, down the road, marry again. I hope my kids will have futures where they are happy, secure, safe, feel loved and have a good education."
