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# Tara's Story



Tara, 32, recently left Harbor House to move into her own apartment with her two children. This time, she stayed almost five months, but it was not the first time she'd reached out for help along her journey toward healing. She had come to Harbor House after her experiences with another abusive partner years before. This time, however, she found the inner strength and staff support to break free from her current perpetrator, who was both physically and emotionally abusive.

Compounding her ability to free herself from his manipulation was the fact that she worked with him. Still, she remained steadfast in her belief that she deserved better, and relied on staff support to help her find her own apartment and live safely on her own. Just before leaving Harbor House, Tara wrote a heartfelt "thank you" to the staff and volunteers who had helped her move from despair to real hope for her future. Here's some of what she said:

"I think I'm healing..."

I have come to Harbor House a few times, and I know before entering and during my first week here this last time that staff was bit anxious about my stay here. I know I have not always been easy to understand or help. I've learned how to open up more and become vulnerable in a good way during this last stay here. Hopefully, with all I have done this time, it will be my last stay in Harbor House, and I will only return as a visitor for support groups and other positive, continuous help and guidance on my continuing road to healing.

I've stumbled a few times, but instead of hiding and pretending nothing was wrong, I welcomed the assistance offered and took on responsibility for my mistakes. I have butted heads with staff, thinking in my veil of "ouch," only to realize that when all my chips were down, broken and smashed to the floor, that they recognized the difference between the wreckage of my abuse and the ME begging for help and redemption. Thank you!

I will walk through those doors in a few weeks, no longer as a resident of Harbor House, but as a woman capable to forge through with a stronger spirit, tougher armor and steeled mind toward the negativity in the world.

I will also walk away with a more open heart toward those I don't quite understand, a softer stare and an amazing and wonderful tall posture, for this time I know I won't be walking into the world alone. I have all of you with me every step of the way, any and every minute of the day. I now know I can do this by myself, and I know now that when things aren't sure, I can always look to the staff (family) at Harbor House for advice and guidance.

I think I'm healing..."

I have each of you to help."

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