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I never realized fully how much the endurance of domestic violence and then the challenges of single parenthood can cause so much anger, shame and sadness until I went through the Beauty From Ashes Program. All my adult life until recently, was filled with thoughts of, "this is not fair", "I didn't do anything wrong", "why does it seem like everyone is against me", "why do I feel not good enough".

The shame that I felt from domestic violence trickled down to feeling shame being a single parent, shame in a way that I felt I wasn't a good enough parent. I always felt "there must be something wrong with me", "there must be something in life that I am not getting". I know in my heart that I loved my children and was doing the best that I can but I still felt like I didn't fit in most of my adult life as a parent.

Beauty From Ashes has validated these feelings for me as to them being real feelings yes but that they root from somewhere. We explored more about these feelings and how they play in our hearts and minds resulting in unhealthy relationships, with myself as well. I realized how I have hurt my children with words coming from anger. The shameful messages and identity I gave myself was not the truth and that I can now work towards letting these feelings go.

Beauty From Ashes gave me insight into how I relate with people in general, but most importantly how my relational style has affected and hurt my children. Out of my anger I would run down their dad and call him awful names. All of this going on while my children were young, they were just little children.

Besides many other tools, this program has helped me to improve my communication skills towards healthier relationships with family, friends and coworkers. I have discovered who I really am and continue to nurture my new found identity and well being. My relationships with my children who are now adults have improved and continue to improve. I have apologized to my children for bad mouthing their dad throughout the years. This apology has affected my children in a way that they seem patient with me when we have a conversation about serious issues. Just as I was acknowledged through Beauty From Ashes about my hurts, my children's hurts were acknowledged by that apology. Beauty From Ashes has a ripple effect with families and communities.

Presently, I am part of the Beauty From Ashes Team where I work, as Care Team and Individualized Care. I understand even more and appreciate how past traumas affect us today. This program has made me much more empathetic towards clients that I work with and understanding where their own behaviours stem from and I believe this program brings a new found hope for healing and growth for anyone.