

SOFIA'S STORY: VIDEO TRANSCRIPT***Trigger Warning - Domestic Abuse & Baby Loss***

Everything was good in the beginning. But then things started to change. My husband didn't want me to go to work or go out of the house. He didn't want me to talk to anyone.

I was pregnant with my second child. One day he came back from work and beat me up.

I lost the baby.

For a time, I believed that it was all my fault. That everything that happened was my fault.

When I became pregnant again things became much worse.

One night he put a knife at my neck and pushed me to the floor. I always say that my unborn child was protected by God because she is still alive, God wanted her to live.

After she was born, I was at home when he grabbed my neck. I felt a belt around my neck and that's when I passed out. When I woke up, he was kicking me and telling me that I had to die.

That was the day I thought to myself: either I get out or my children will lose their mother.

I told him I was going out to pay some bills, but I didn't. I went to the magistrate's court with my girls. At 3pm an eviction order was issued - I was finally free.

When I came to The Salvation Army, the officer went with me to the police station and to the court.

To me it was very important to feel that support. It gave the strength that I didn't have before.

It's important to get help, to talk, and not be silenced. And to have something to hold on to.

So, to me The Salvation Army is my family, for my children as well. You can see them. This is their house. This is their home. Whenever something happens, The Salvation Army is our place to go to.



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Having faith
in the family