

# Kathy's Story

As a victim of domestic violence within this past year, I was fortunate to have the support of the Umbrella Center for Domestic Violence Services (UCDVS) Victims Advocate team immediately after the incident occurred.

It was a very scary time for me. I never before in my life experienced what I went through. I didn't know what to do. **I felt terrified, lost, ashamed, disoriented, embarrassed, alone, and was not able to even think of next steps.** Here I was - an educated, successful career professional; but in that moment, I was terrified and totally lost.



**The UCDVS Victims Advocate team truly saved me.** I received a call from their staff the evening the incident occurred, and was given information about the court process, and told what my options were to help protect myself. I felt a bit more empowered, and the path forward was not a total unknown. I had a number to call to speak to someone who would help me get through this terrible time. **I was not alone.**

That is the most important critical factor that helped me survive. I had someone advocating for me, and I had a voice in the process. **The Victims Advocate team was not even something I was aware existed but thank goodness they were there in my time of need!**

I could have easily become another tragic statistic. People who experience domestic violence will tell you **there is no boundary of socio-economic or education or age or gender or racial condition that anyone can rely on to say, "It won't happen to me".** Domestic violence **can happen to anyone, anywhere. It happened to me.** ~ Kathi

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Click [here](#) to support the Hope Family Justice Center.

**The Umbrella Center**   
**for Domestic Violence Services**  
A program of **BHcare**

**Hope**   
**Family Justice Center**  
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