



November 19, 2008

Cheshire Human Service Committee
Cheshire, CT 06410

I want to thank you for the generous donation of toiletries that you donated to Safe Haven. Although you will never have the opportunity to meet the women who use our services I can assure you that they are very grateful for your support. We continue to see women every day who have been both emotionally and physically abused. With counseling and support, these women begin to recover from the trauma they have suffered. Thank you again for thinking of us. I am including a story about one of the women that we recently helped and who we recently helped.

The woman's name is Nilda and she has two grown children. Nilda met Nathan three years ago. At first, Nathan was very charming and loving. He would do anything for Nilda. After they were together for a few months, Nathan became very angry over a minor incident. Nilda was terrified by his sudden rage. Nathan quickly got over his anger and assured Nilda that this was an isolated incident. Things were good for a while. Nilda and Nathan moved in together. Over time Nathan became verbally abusive. About a year ago, his abuse escalated into punching and kicking. Nilda felt trapped and just took the abuse.

A few weeks before Christmas, Nathan flew into a violent rage. Nilda managed to call 911 and Nathan was arrested. The court ordered a full protective order which meant that Nathan could have no contact with Nilda.

After Nathan's arrest, Nilda started to see one of our victim advocates for counseling. She would often call the counselor in between sessions because she was so afraid. Nilda said that Nathan had actually become more violent since the arrest. He started stalking her and breaking into the apartment when Nilda wasn't home. He would do something to let her know that he had been there. Although Nilda called the police, they were never able to catch him.

A few days ago, Nilda's sister called her. Nilda was able to tell her that Nathan was holding her hostage in the house. Nilda's sister called the police. Luckily the police

arrived in time to help Nilda. Nathan was arrested for attempted murder and sexual assault.

Nilda immediately called her counselor. Our counselor spent several hours with Nilda. Needless to say, she was very traumatized by what she had been through. Although Nathan was in jail, Nilda did not feel safe. Our counselor arranged for her to go to a shelter out side of Waterbury. Nilda still has contact with Safe Haven but says she won't feel truly safe until Nathan has been sentenced. Thank you for helping women like Nilda.

Sincerely,



Peggy Panagrossi
Executive Director

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