Amy lived in a constant state of fear. The man who was her husband called her stupid and other names you wouldn’t say in polite company. She was hit, kicked and thrown against walls. The final straw was a fight where he hurt her in front of her then 7-year-old son. The fear in her son’s face was awful. Then someone told her about Bridges Domestic Violence Center. At the shelter, she had a support system and people who cared. The family was fed and clothed. Amy attended counseling. She learned to ride the trolley to work and grocery shopping. She began to laugh and have fun. “I know if I hadn’t had Bridges, I would have gone back to him,” says Amy. “My children, even though they left everything behind, are happier and love our new life. Bridges helped me find myself again.”