

# THE JOURNEY TO REDISCOVERY

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During her adult years, Jackie of Hamilton found herself stuck between a rock and a hard place.

A survivor of domestic violence, Jackie was often beaten and hurt, and wound up in the hospital numerous times. The injuries were so detrimental, she had to re-learn how to eat and dress herself, and how to walk again, while also being a mom to young children.

Along with her physical condition, Jackie also battles schizophrenia and bipolar disorder.

With United Way supported programs, Jackie received the treatment and assistance she needed to get back on her feet, and is now flourishing.

In 2016, Jackie began attending a community seniors centre and made many friends, most of whom helped her through the worst of days. She loves partaking in painting and colouring classes, as well as bingo and playing cards.

The centre also offers breakfast and Jackie is always appreciative of a healthy meal first thing in the morning.

"They have helped me through bad things and good things," she says. "I feel wonderful. I feel like a million dollars, and it's all because of the programs I go to."

Jackie says the life-changing opportunities she has received have shaped her life into something promising.

"The programs the community gives are wonderful for people who really need the help or really want the help. There's all kinds of organizations out there that can help you."

She thanks United Way for the organization's continued support and the assistance people like her receive through local programming.

**"Without United Way, I would be lost."**



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