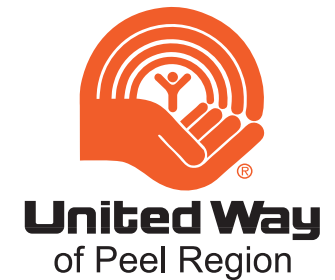


United we can.

Your support makes a difference!



Theresa Gyampah was being verbally, emotionally and physically abused by her husband who threatened to have her deported if she ever left him. As a newcomer to Canada, she didn't know where to turn or who to trust. After enduring years of abuse, fearing for her life and worried about how her children were being affected, Theresa called a helpline and was referred to a local shelter.

Staff at the shelter connected Theresa with the Violence and Abuse Prevention Program, provided through African Community Services and funded by United Way. The program aims to reduce violence and abuse within the African-Canadian community through culturally sensitive and language-specific services. Theresa participated in workshops and group counselling that helped enhance her self-esteem and confidence, and assisted her in building a better life for herself and her children.

Today, 49-year-old Theresa, and her three children live a life free from abuse. She is thankful for the support and caring she received from the staff at African Community Services, and now volunteers at the agency to create awareness about abuse while empowering other women in her community.

Visit www.unitedwaypeel.org to find out more about how your donation to the Community Fund makes a difference.