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**Identify Reasons to Stay Safe:**

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Take gentle care of you. You are so worth it, and so valuable. Use this to remember you are worth the energy to take care of you. Hang in there.

**STATEMENT OF FAITH**  
Psalm 147:3 He heals the broken-hearted and binds up their wounds.

**MISSION**  
The mission of Hope Recovery is to provide Christian-based support in the lives of adult survivors of child abuse, domestic violence and sexual assault.

**VISION**  
To offer support and compassion as survivors make their way on the journey of recovery and healing.

**Donations are welcome to keep support services free for trauma survivors.**

**Hope Recovery Inc.**  
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[www.hope4christianrecovery.org](http://www.hope4christianrecovery.org)

*Mini  
Personal Safety  
Prevention Plan*



*{ You Are Not Alone! }*

