



Liz broke free from **anxiety**

“The truth was planted in my heart, many Godly truths that have set me free. I understand how deeply codependent I was, and I learned who I am in Christ. I experienced a deep peace. The devotions and Bible studies were meaningful. I prayed that I would have a hunger for God, and He answered that prayer. I saw His hand on me and in my life.” ~ Elizabeth



Marriages are **healed**

“We received real help with anger management. Now our home is peaceful and safe for our family.” ~One couple shared

YOU CAN MAKE A DIFFERENCE NOW!

- **\$120** - Provides core operating support for one resident, one day of biblical counseling, cognitive behavioral therapy, Godly curriculum, support groups, food and housing.
- **\$50** - Sponsors one family counseling session for a family in need, helping to restore meaningful relationships and promote healthy living.
- **\$50** - Affords lifechanging support group sessions such as Co-Dependency, Anger Management, or Shelter from the Storm, for those who have been sexually abused.
- **Visit our Resale Store to shop or donate** lightly used items. We're located at 1615 10th Ave., VB FL, 32960 (772) 567-3598.

OUR MISSION

The mission of the Women's Refuge of Vero Beach is threefold: to provide a live-in Christian program where hurting women can find sanctuary in a healing environment, to offer biblical counseling and support for the healing and wholeness of emotionally, mentally and spiritually wounded women, men, and families in our community, and to make available training for people to disciple others.



WOMEN'S REFUGE OF VERO BEACH



Find us on Facebook

Help the Refuge change lives!
Donate today. Mail: Women's Refuge,
P.O. Box 1484 Vero Beach, FL 32961
Online: WomensRefugeVB.org
(772) 770-4424 | womensrefugevb@att



WOMEN'S REFUGE OF VERO BEACH

HELP HOPE HEALING



www.womensrefugevb.org

WE NEED YOUR HELP

* **K**athy was caught in the fierce grip of depression. She fought to overcome it countless times, but now it had her bound to the place where she couldn't function enough to care for her young children and husband. A friend saw her deep despair and told her about the Women's Refuge.

Twenty-five years ago, almost to the day, the doors of the Women's Refuge opened, welcoming women suffering from life's difficulties to receive help with counsel, care, and restoration from God's Word. They came with depression, anxiety, trauma, family dysfunction, suicidal tendencies, and more. In turn, we offered hope, help, and healing for those suffering from emotional, mental, and spiritual distress.

Over time, involving family members in their care became evident, thus birthing our community counseling center. Today, our biblical counselors meet with men, women, and young adults in our counseling office where we address individual, family, and marital mental health issues with biblical truths.

After several months with the Women's Refuge, *Kathy's life was renewed and restored, reuniting with her family, no longer suffering from depression.

*Kathy's life could have ended drastically if others hadn't responded to the call to minister to broken and shattered lives. Mental health has never been in more of a crisis than now: 90% of us have been impacted by a mental health crisis with a family member, friend, coworker, or even ourselves. Despair permeates our daily lives, crippling many of us. The Women's Refuge is here to give hope that a change can be made for a victorious life through Christ.

Right now, the power to bring life and hope to someone like *Kathy is in your hands! More and more women, men, and families need our help. Now is the time for action - right now- to make a year-end tax-deductible donation. We pray God moves your heart to generously support this worthy ministry.

May God's blessings be poured out through you.

Diane A. Ludwig

Executive Director

*Name changed for privacy



BECAUSE OF YOU WE'RE CHANGING LIVES



Jenny found peace in life

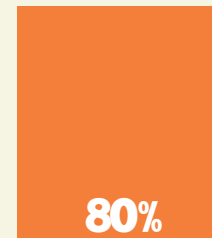
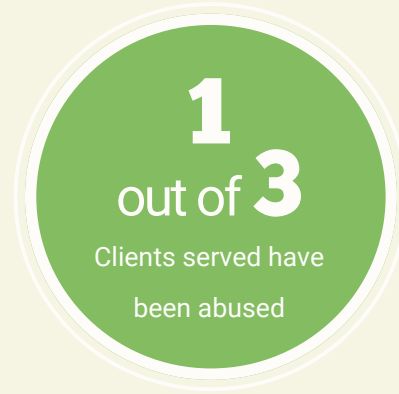
“When I came to the Refuge I was weary, heavy hearted, and longing for healing. Immediately I encountered peace, time to pray and be in His word. Through the daily devotions, counseling, and times of learning, God healed my weary heart.” ~ Jenny



Martine forgave others

“During my stay I realized, I was harboring unforgiveness for a long time, which affected many aspects of my life. With the help of God and the staff at the Refuge, I found a sense of peace, serenity, and humility, all the while developing a deeper relationship with the Lord and Savior Jesus Christ.” ~ Martine

2022 CLIENT DEMOGRAPHICS



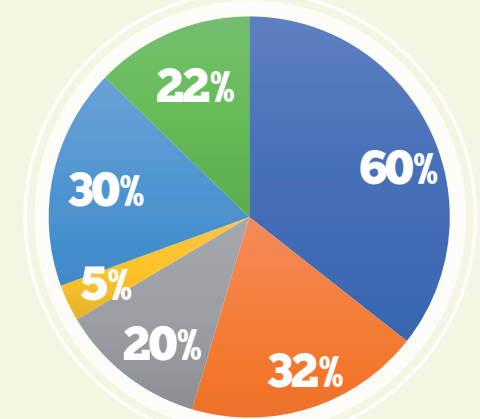
FROM FLORIDA



OUT OF STATE/COUNTRY

CLIENT'S MENTAL HEALTH ISSUES

MULTIPLE MEDICAL CONDITIONS



■ DEPRESSION

■ ANXIETY

■ PTSD

■ ADDICTIONS

■ FAMILY ISSUES

■ RELATIONAL ISSUES