



## **Voices of Courage**

*Voices of Courage* is a collection of stories written by survivors of domestic abuse sharing how they found hope. Their journeys weren't always easy but they got through it and now are here to share their stories in the hope of inspiring others to find their courage.

*Voices of Courage*, formerly known as the *Voices of Strength and Courage*, is a sub-committee of the Dufferin/Caledon Domestic Assault Review Team (DART). The DART committee is made up of 20 organizations in Dufferin and Caledon who support women, men and children experiencing domestic

abuse and hold perpetrators accountable for their actions. A few years ago, the Ministry of Children, Community and Social Services gave funding to include survivor voices in improving services and programs for individual and families seeking support for domestic abuse. From this funding, *Voices of Courage* was formed.

The second edition of the book is being launched this November for Woman Abuse Prevention Month and we are so excited to share this with our community. Copies of the book will be distributed to the DART agencies to provide to women and men who are experiencing domestic abuse. Through their words, we find hope, courage and the will to live a life free of violence.

“Finding the strength, courage and determination to keep going as your life tumbles around you is not easy. To continue to fight, not only for your life, but to truly be allowed to live it, is a fight worth fighting” – A.G.