“Four elements nurture the development of the project (roots), rooted in a sound church community (trunk), offering beneficiaries flowers and fruits and planting seeds in the community.”
**KEY FACTORS** in The Victims of Violence Care Project

- **CARE COMMUNITY** → Fellow network caring and supporting suffering and lonely individuals.
- **SAFE SPACE** → Safety and trust when sharing their experience (story); the space warrants respect and confidentiality.
- **VOICE** → In a respectful environment, individuals share their personal experience, voice their feelings and unburden. They feel listened to, understood and not tried.
- **DEALING WITH DIGNITY** → Sheltered, embraced and treated as human beings by peers, individuals recover their dignity.
- **UNCONDITIONAL AND FREE** → Care is unconditional and free.
- **HEALING** → Accompanied individuals begin a process of healing and forgiveness, recover strength, peace and tranquility.

*FROM HORROR TO HOPE / AUTHORS: JEAN MENDIETA JIMÉNEZ Y CARLOS JUÁREZ CRUZ / DESIGN: ADRIANA PÉREZ BERMÚDEZ.*
## IMPACTS OF VIOLENCE
Reach of the Victims of Violence Care Project

### Impacts

#### INDIVIDUAL LEVEL
- Health alterations
- Loss of faith and purpose of life
- Feeling of emptiness
- Depression and anxiety
- Fear
- Loss of voice
- Isolation
- Memory and concentration problems
- Reduced capacities in daily activities

#### FAMILY LEVEL
- Isolation
- Distancing
- Feeling abandonment
- Mistrust
- Psychological transference
- Feeling misunderstood
- Overprotection or neglect of family members

#### COMMUNITY LEVEL
- Mistrust
- Isolation
- Loss of job
- Relocation
- Stigmatization
- Feeling of vulnerability and insecurity
- No physical activity
- End of recreational activities and social life

### Reach

#### INDIVIDUAL LEVEL
- Improved health
- Sleep and appetite recovered
- Life purpose
- Faith and hope
- Inner strength and joy
- Decrease of sadness
- Channeling and managing anger
- Recovering the family member’s “scared memory”
- Processes of forgiveness
- Self-care
- Improvement in the work environment

#### FAMILY LEVEL
- Breaking the cycle of violence
- Recovering trust
- Feeling less alone and misunderstood
- Improved relationships

#### COMMUNITY LEVEL
- Overcoming isolation
- Civic participation
- Solidarity and social action
- Back to work
- Breaking the cycle of violence
- Recovering trust
- Involvement in social events
## Changes Due to The Victims of Violence Care Project

<table>
<thead>
<tr>
<th>Statement</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don't speak</td>
<td>to anyone</td>
</tr>
<tr>
<td>I don't trust</td>
<td>anyone</td>
</tr>
<tr>
<td>I don't go</td>
<td>out of my home</td>
</tr>
<tr>
<td>I have no wish</td>
<td>to live</td>
</tr>
<tr>
<td>I find a safe space</td>
<td>to tell my story and be listened to</td>
</tr>
<tr>
<td>I meet with</td>
<td>agents and other victims and feel at ease</td>
</tr>
<tr>
<td>I attend workshops</td>
<td>and events of the program and the parish</td>
</tr>
<tr>
<td>I recover</td>
<td>my everyday life</td>
</tr>
<tr>
<td>I speak and share</td>
<td>my testimony publicly in masses and programmed activities</td>
</tr>
<tr>
<td>I recover</td>
<td>trust in others and in my community</td>
</tr>
<tr>
<td>I participate in</td>
<td>public and community activities</td>
</tr>
<tr>
<td>I recover</td>
<td>my life’s purpose</td>
</tr>
</tbody>
</table>