

Unveiling Self-Discovery: The Journey Within



Initially certain of my husband being "the one," I faced parental disapproval of our relationship. While overlooking concerns due to love, witnessing his abuse towards our daughter shifted my priorities to safety. Communication ceased, with him absorbed in phone games while I managed the household and cared for our daughter.

In June 2023, I never imagined a Child Protection Officer placing me and my daughter in a shelter, leaving our belongings behind with only a backpack. The staff's compassionate gesture of providing clothes, toiletries, and essentials touched me deeply. As I reach my eighth month here, I realize it's not as challenging as I initially thought. Balancing single motherhood has been tough, with moments of losing my temper. I'm thankful for my mother's generosity in caring for my daughter while I work.

My journey to this point has been challenging, but the shelter's programmes have been crucial in helping me process childhood trauma, understand my parenting style, and overcome workplace obstacles. Through self-discovery, I have identified positive traits instilled by my family, keeping us debt-free. Despite the end of my seven-year marriage, I persevered. Receiving the "Most Resilient Award" at the Celebration of Partnership was both shocking and deeply gratifying, motivating me to strive for personal growth.

The outings organized by the shelter have been wonderful experiences for us, especially discovering our shared love for the outdoors during visits. Visit to the cinema was most memorable as that was my daughter's first time, and I am sincerely grateful to the staff.

Reflecting on my journey, images of outdoor adventures come to mind, symbolizing my triumph over emotional turmoil since arriving at the shelter with just a backpack. Now, with a clearer perspective, I hope to leave and embark on a journey towards a happy life with my daughter.

by Aurora (not her real name)
Resident
Good Shepherd Centre*