

What is Support?



Support is Unconditional.

It is listening,

Not judging, not telling your own story.

Support is not offering advice,

it is offering a handkerchief, a touch, a hug, caring.

We are here to help women discover what they are feeling,

Not to make the feelings go away.

We are here to help a woman identify her options,

Not to tell her which options to choose.

We are here to discuss steps with a woman,

Not to take the steps for her.

We are here to help a woman discover her own strength,

Not to rescue her and leave her still vulnerable.

We are here to help a woman discover she can help herself,

Not to take that responsibility for her.

We are here to help a woman learn to choose,

Not to make it unnecessary for her to make difficult choices.

We are here to help a woman believe in herself, in her strength, in her power, in her love.

Anonymous