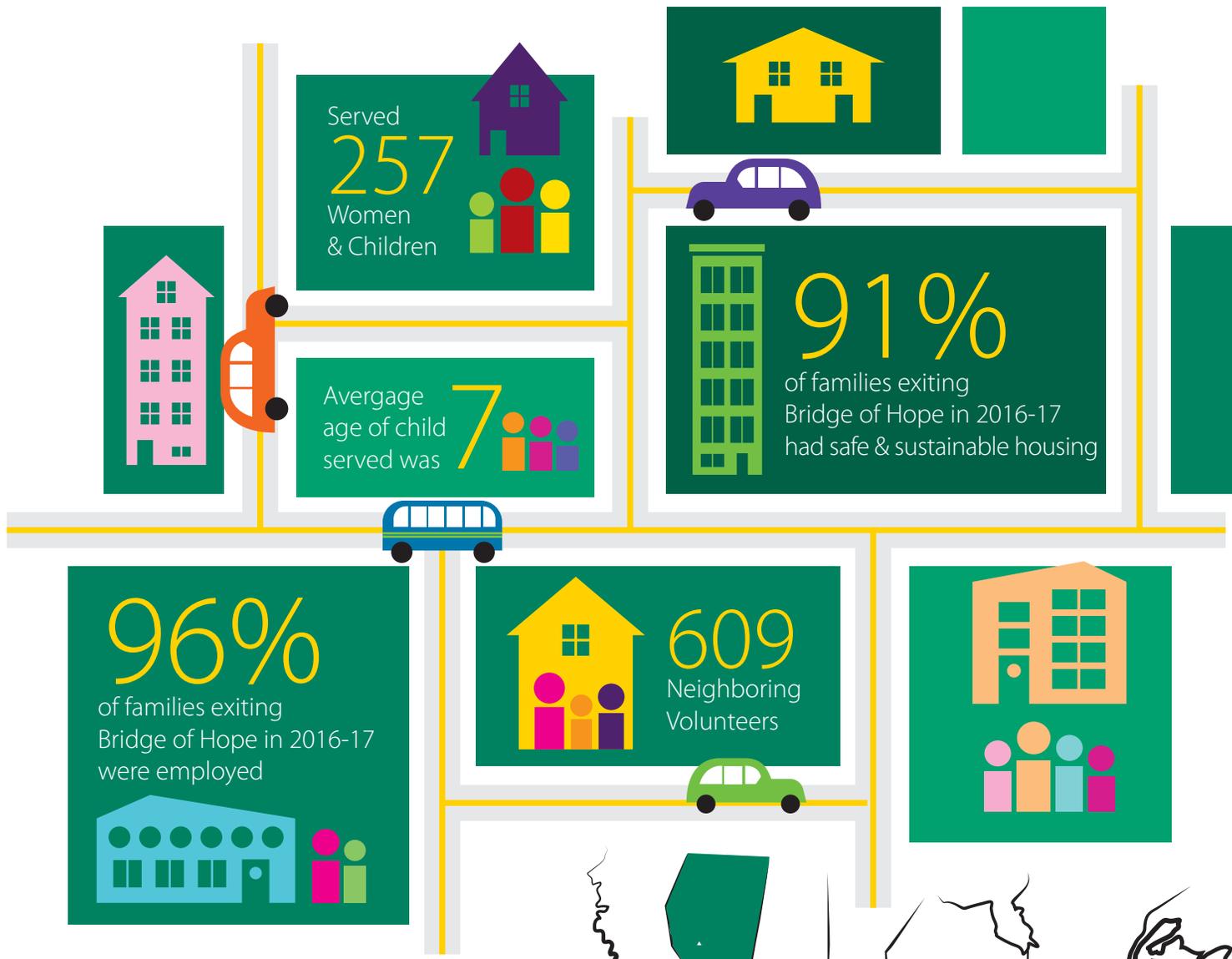
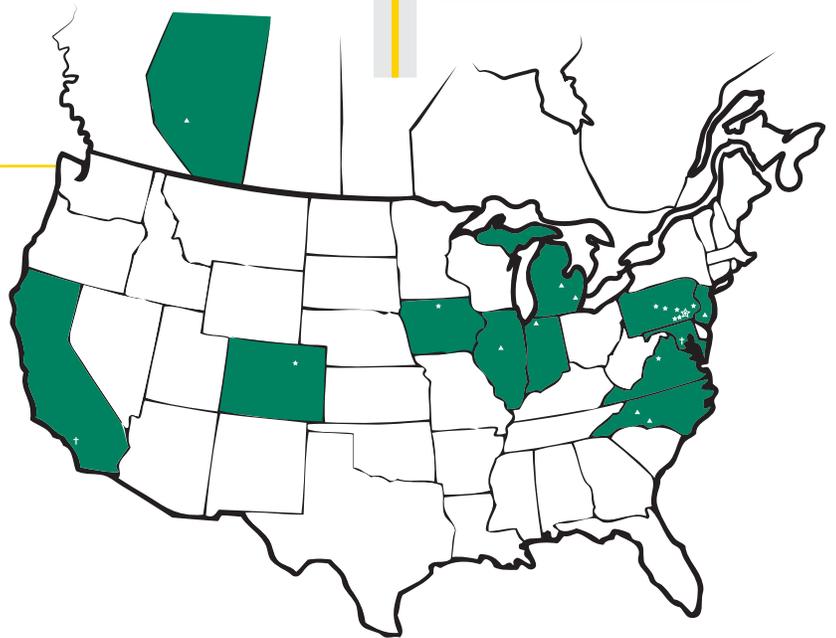


CHURCHES RESPOND. HOMELESSNESS ENDS. HOPE BEGINS.



Bridge of Hope Network





Nayr's Story

My Journey of Homelessness Meant Opening My Heart and Learning to Trust

Before joining Bridge of Hope, Nayr says she had "a huge trusting problem." "I always try to have this shield and act like I'm this hard, tough cookie, but I know that I'm really not," she said. "So when I opened up to my neighboring volunteers, I learned that it's okay to let people in, and they're not gonna hurt you."

"I'm able to trust even my coworkers, just like I was able to trust some of my neighboring volunteers," she said. "My job ... offered me a leadership position.... I never saw that coming, but I started showing that I cared about myself and what I was doing and my job, and I think that it made a huge impact."



Bridge of Hope Participants Experienced

58%

Domestic Violence as an Adult

24%

Childhood Trauma

100%

Homelessness

Risk Factors (Trauma) and How that Impacts Trust

Being homeless does not just mean losing one's house; it means losing your security, privacy, sense of control and more. For women and children, like Nayr and her daughter, it can often mean learning to trust other people, after a life-time of broken relationships and lack of supports. Being alone without support can be very traumatic.

Bridge of Hope Neighboring Volunteers, 6-10 volunteers from a local church or Bible study, can enhance a family's support network and can create life-changing opportunities for a family facing homelessness. By having reliable, caring interactions with people who prove themselves to be trust-worthy, relationships can begin to diminish the impact of trauma.

Ethnicity of Participants



43%

Caucasian



26%

African-American



18%

Hispanic



13%

Other