

The Connection Experience

Before I was introduced to the connection, I was in a very bad place in life. I, unfortunately, was involved in a deadly domestic violence relationship. Having several broken bones, bruises, head injuries, etc. I found myself running away with nowhere to live. I thought I would be living in the streets with little to no hope left. Eventually I was able to find a women's shelter for domestic violence survivors specifically. My experience in the shelter was very intimidating. I was very scared about living with strangers that I know nothing about who have also suffered from trauma. The staff made the shelter as comfortable as possible for us all which helped a great deal. Going into the shelter I thought I would be there a long time before being able to find a stable home and environment. I feel safe. The connection has helped me tremendously. They got me out of the shelter within a matter of a week working with them. Made sure I had all the furniture and supplies I needed to start off. As well as help find job opportunities for when I graduate from the program I am stable and confident in being on my own. Not only have they help get a roof over my head but also made sure I don't ever feel alone and my mental health is ok as well. They've also helped on my path to a better future. Got me school books and supplies, constantly reassuring me that I will not be abandoned by the program, making sure I feel safe and constantly telling me that I am on the right track no matter how long things take, I am working at my own pace. While in the program I have been able to go back to school, earn a guard card to secure a much stabler job that pay well. Also help me get out of my domestic relationship. I truly believe if it weren't for the connection my life would be going completely different and not in a positive way, I might have even ended up dead. This program is the kind of program people need to exist. It saves lives. It certainly saved mine.

Thank you for taking time to read my story and support homeless young adults in CT.

Sincerely,
Casilda Natal (Bridgeport, CT)