

## Letter to a Helper

Dear brave and resourceful, skilled, talented and caring helper. I **APPLAUD** your countless hours of dedication to safety for children and adult survivors. Your success can't be measured in "cookie cutter solutions" neatly wrapped in color-coded packages marked with a seal of approval, but in pathways, sometimes wrought with uncertainty, tears, sweat, frustration, secondary trauma and overload—but thru it all, you refuel, navigating thru large complicated systems, and individualized circumstances to empower victim/survivors.

**YOU** are the unsung heroes and sheroes, who excel and triumph daily, quietly moving mountains, making a way out of no way to ensure healing and safety for families and communities.

**Keep up the great work!!**

Sincerely,  
A Sister Advocate