

Kira's *story*



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Kira's life began in violence. Her mother went into early labor after being physically assaulted by her father. By 18 months old, Kira's mother had remarried, but the abuse continued. **For over a decade, Kira endured physical and emotional abuse at home before finally running away.**

At 14, homeless and ill, she met Joseph. "I thought I'd finally found safety," she said. **But the relationship quickly turned controlling. Kira had no access to money, no bills in her name, leaving her with no independence.** When Joseph stopped paying utilities, she was left with four children in a home with no heat, water, or food. "I didn't know how to take care of myself. I didn't exist in the grown-up world."

When she began to push back, after more than 20 years together, Joseph left, saying that he did not care what happened to her, and took the children. **Kira was left with nothing.** She had no job experience, no credit, and no support system. She spent the next three years homeless.

Then she met Ethan, who continued the cycle of abuse. **"I was pregnant, and he threw me into a nightstand. I thought, 'The baby's not going to be okay. I can't do this.'"**

That moment was a turning point. Kira's teenage son connected her to his friend's mom, who gave her the number for Harbor House.

"From the very first phone call, Harbor House made me feel like it was going to be okay." Kira entered the shelter and began her healing journey. **"I came to them as broken as a person could be, and they just met me where I was."** Through counseling, support groups, and case management, Kira opened a bank account, earned her GED, and found a job working with children.

Today, she's using her story to empower others. **"My home is a sanctuary – peaceful and safe. That started with Harbor House. They helped me break the cycle."**

Reflecting on her journey, Kira observed, **"Harbor House is where you go when life throws you away, and they show you that you are not garbage."**



To learn more, visit harborhousedv.org/campaign.