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## When you donate to CAPSA, you fund programs that break the cycle of domestic violence.

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**Many individuals struggle to understand that domestic violence isn't always physical.**

One woman, perpetually walking on eggshells within her marriage, didn't think CAPSA could assist her. "Because, he never hit me," she said. His abuse was more insidious — belittling her, criticizing her appearance, giving her the silent treatment, and then blaming her for his behavior.

**BUSINESS TRAINING** .....  
\$250.00

Her perspective began to change during a company-sponsored CAPSA training on domestic violence. She learned about various forms of abuse, including emotional, psychological, and financial. She still questioned whether CAPSA's services could help her but began to wonder.

**CRISIS PHONE LINE** .....  
3 calls  
\$36.00

The catalyst for her decision to contact CAPSA was a harsh verbal tirade from her husband, who was angry that dinner wasn't ready. She had a long day at work and had arrived home late.

**CASEWORK** .....  
\$401.25

At that moment, she decided to call CAPSA's crisis line. Initially withholding her name due to apprehension, she found an empathetic and non-judgmental listener in a CAPSA caseworker.

Over several calls, a cautious trust was established, and she began to meet with her caseworker.

CLINICAL THERAPY -  
\$1,588.30

Initially, she wanted to remain in the marriage but sought ways to feel empowered. She appreciated that the caseworker respected her choices, including her decision to stay in the relationship. To help her become more empowered, her caseworker referred her to CAPSA's clinical therapy program.

COACH FUNDS -  
Security Deposit  
\$1,250.00

Her therapist shared, "During a breakthrough session, she decided to seek a divorce, recognizing her own strength and the need for independence. This was a significant milestone."

With the continued support of her CAPSA caseworker, she was able to find a new place to live and initiate the divorce process.

Reflecting on her journey, the caseworker stated, "Helping someone reclaim their autonomy and freedom is why we do what we do at CAPSA."

TOTAL COST FOR CRISIS AND SUPPORTIVE SERVICES FOR THIS WOMAN WAS  
\$3,525.55

**capsa**  
ABUSE ENDS HERE.

