

# April Newsletter

April 2023

Founder: Thremene Murphy Editor: Abigail Milford

The mission of My Healing Within is to "advocate for and empower domestic violence survivors by providing free, safe, confidential shelter and support services. This program is for women and their children."



## SIX YEARS A SURVIVOR

We are thrilled to commemorate our founder's triumph in surviving a domestic violence attack six years ago. This month, we celebrate Thremene's resilience and determination, while giving thanks and gratitude to God for guiding her to establish MHWI, an organization dedicated to aiding as many women as possible. Thremene used her experience as a catalyst for My Healing Within Inc.'s development. In honor of Thremene and MHWI, we kindly request a \$6 donation via Cash app or Paypal from those who are able to contribute. This donation will signify your support for both MHWI and Thremene's survival.

## SEXUAL ASSAULT AWARENESS DAY (APRIL 1)

During this month, we honor Sexual Assault Awareness Day on the first day of the month. This day is dedicated to acknowledging and supporting survivors, as well as offering hope and encouragement to those who have yet to speak out. At My Healing Within Inc., we are committed to providing you with unwavering support and a listening ear. Whether it's through our support group or relocation services, our goal is to create a secure and welcoming environment for you.



# My Healing Within Inc.

**ABOUT US:** My Healing Within is a 501 © (3) tax-exempt, non-profit organization that serves survivors in Pitt County and surrounding areas. Founded by Thremene Murphy. Working to provide a safe haven to survivors and our clients, we outreach and connect resources to women including mental health resources, support groups, information, housing, and more to those who seek it. If you or someone you know needs assistance, contact the National Domestic Violence Protection Hotline at 1-800-799 SAFE (7233) and MHWI at 252-227-0527.



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## JOIN US

Join us on the third Friday of every month at our support group. We meet at Greater Works Church of Apostolic Faith in Winterville, North Carolina from 6 - 7:30 pm. Child care and refreshments are provided. Contact us below with any questions.



## CONTACT & SUPPORT US

Email: [info@myhealingwithininc.org](mailto:info@myhealingwithininc.org)

Phone: 252-227-0527

Mail and checks can be sent to us at:

My Healing Within  
P. O. Box 560  
Farmville, NC 27828

Want to donate online?

Cashapp: \$Myhealingwithininc  
or through our website!

## MONTHLY SCRIPTURE

"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

Deuteronomy 31:6



# My Healing Within Inc.

## HOW DOES YOUR DONATION HELP?

Your monthly donation of:

- \$25.00 per month for 3 months will help provide bedding and towels for our future facility.
- \$50.00 per month for 3 months will help provide appliances and furniture for our future facility.
- \$100.00 per month for 3 months will help provide New Mattresses for our future facility.
- \$140 per month will pay for storage unit each month.
- \$250.00 per month will help cover relocation costs for one family, providing its members with a safe new home and brighter future.

