I Got Flowers Today

I got flowers today: It wasn't my birthday or any other special day

We had our first argument last night,

And he said a lot of cruel things that really hurt me.

I know that he is sorry and didn't mean the things he said

Because he sent me flowers today.

I got flowers today: it wasn't our anniversary or any other special day,

Last night he threw me into a wall and started to choke me.

It seemed like a nightmare. I couldn't

believe it was real,

I woke up this morning sore and bruised all over.

I know he must be sorry,

Because he sent me flowers today.

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I got flowers today: it wasn't Mother's Day or any other special day.

Last night he beat me up again.

And it was much worse than all the other times.

If I leave him what will I do?

How will I take care of my kids? What about money?

I'm afraid of him and scared to leave.

But I know he must be sorry,

Because he sent me flowers today.

Last night, he finally killed me.

He beat me to death.

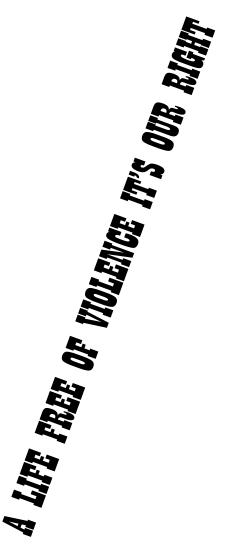
If only I had gathered

Enough courage and strength to leave him,

I would not have gotten flowers today.

- Anonymous









Website: http://www.hands.org.gy

Email: hands@networksgy.com

With compliments of CIDA/Gender Equality Fund

September 2002

A FACTSHEET

1995 ~ **PRESENT**

BACKGROUND

There is a high incidence of violence, substance abuse and poverty in Guyana. With the increase in immigration, there is an increase in family instability and a decrease in family support. At the present time, there are inadequate social sanctions in respect to violence and alcoholism, limited counselling.



background, Help & Shelter was established in January 1995. It was formed as a charitable organisation to provide social services complimentary to the legal services provided by the Georgetown Legal Aid Clinic and in particular, to assist victims of domestic violence.

ORGANISATIONAL STRUCTURE

Help & Shelter personnel comprises:

- * Eight-member board of directors
- A shelter committee
- A counseling committee
- public education committee
- A fundraising committee
- Staff members are employed under contractual arrangements

GOAL

To provide free assistance to persons who faced with domestic violence or other social, socio-economic or personal problems, are in danger of having their need for help unmet because of lack of means

OBJECTIVES



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Help & Shelter is working for tablishment of:

 Counselling and crisis services for people in distress;

AND

Sustaining a temporary home for abused women and children.

ACHIEVEMENTS

- The Crisis and Counselling Service was launched on November 25th 1995 (International day Against Violence Against Women).
- A number of workshops have been held to sensitise volunteers to the goals of Help & Shelter
- No Volunteers have been trained in counselling techniques.
- En The shelter has now been established and is operational.
- In December 1999 a Crisis Hotline was commenced.
- Collaboration with other organisations/groups through public education to address the problem of violence in our society.

HELP & SHELTER

Help us to help you so that we can build a new society that values girls and women and dismantle our culture of violence

If you need our help please contact us at:

Help & Shelter Homestretch Avenue Ministry of Housing Annex D'Urban Park Georgetown

Tel: 225-4731 Hotline: 227-3454 Fax: 227-8353