

## *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.



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.



I got flowers today: It was the day of my funeral.

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



**A LIFE FREE OF VIOLENCE IT'S OUR RIGHT**

**Website:** <http://www.hands.org.gy>

**Email:** [hands@networksgy.com](mailto:hands@networksgy.com)

With compliments of CIDA/Gender Equality Fund

September 2002

**HELP  
&  
SHELTER**



**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.



**HISTORY** *Against this 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

Help & Shelter is working for the establishment 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
- ∞ Volunteers have been trained in counselling techniques.
- ∞ The shelter has now been established and is operational.
- ∞ In December 1999 a Crisis Hotline was commenced.
- ∞ Counselling service is operational every weekday from 8:30 a.m.—3:00 p.m.
- ∞ 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**