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Summer 2025 Newsletter



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I am a survivor of domestic violence. I came to the United States as a trained dentist, hopeful about beginning a new chapter in life. Shortly before the COVID-19 pandemic, the abuse started just six weeks into my pregnancy, leading to my decision to end the marriage.

The combination of being pregnant, living through a global pandemic, and navigating a divorce left me without a job or a support system. Throughout these challenges, a compassionate individual introduced me to HFSS. Here, I met a kind outreach volunteer and their founder, who helped me explore job opportunities in dentistry.

With their support, I was eventually able to return to my profession and begin building a stable life for myself and my child as a single mother. HFSS offered financial, emotional, moral, and social support, which made a big difference, especially when I worried about being alone through my pregnancy during such uncertain times. They consistently monitored me and my child's welfare and offered assistance whenever I required it. They became my guardian angels.

Today, I'm in a much better place, professionally, emotionally, and mentally. To other survivors, I want to say: prioritize your mental health, set firm boundaries, and keep your goals in focus.

Maintaining strength and positivity during these times is the most difficult thing to do. Explore your inner strength as I did mine. In our community, there will be distractions and outside noise, but if you stay committed to your path, you'll find that there *is* light at the end of the tunnel amidst the darkness.

From the editor: After regaining her stability, our survivor made a generous donation back to HFSS, hoping to give others the same support and hope she once received.

Urgent Survivor Requests

One of our survivors is a licensed insurance agent with experience working with top-tier carriers including UnitedHealthcare, Humana, Aetna, Cigna, Anthem, and WellCare. She also brings a strong background in retail customer service. Recently furloughed from her position, she is currently seeking remote employment opportunities to accommodate her responsibilities as a caregiver to her young child.

We are supporting a survivor with over a decade of experience as a strategic program manager, specializing in global health initiatives and cross-sector collaboration. Her expertise spans program management, risk mitigation, policy analysis, contractual compliance, process improvement, budget oversight, and more. She is currently seeking professional connections and opportunities aligned with her skill set.

If you can offer assistance, job leads, or mentorship, please contact us at hfssusa.org/contact/

Addressing Domestic Violence

A Message from the State Attorney's Office

Author: William J. Warmke

Public safety and victim advocacy remain as top priorities of the State Attorney's Office in Tampa, FL. We know that every situation is unique, and we know that not every incident of domestic violence takes place in the criminal justice system. Domestic violence can be a challenging topic of discussion, but it's a topic that must be talked about to prevent future acts of domestic violence. This newsletter aims to tackle that challenge by showcasing the conversations our community partners are having to protect victims of domestic violence and spread awareness.

Being a victim of domestic violence can be an isolating experience. Abuse can take the form of physical abuse, mental abuse, emotional abuse, and financial abuse. Victims may feel a wide range of emotions from their experiences, including anxiety, fear, confusion, sadness, embarrassment, and hopelessness. However, our community is dedicated to supporting victims of domestic violence and holding their abusers accountable. We hope is that by bringing awareness to this topic and sharing resources that we can help victims navigate the difficulties they are experiencing.

If you or someone you know is a victim of domestic violence, then you should know there are several resources available to help. The State Attorney's Office has a Victim Assistance Program that can be reached at 813-272-6472. Victims can also call The Spring of Tampa Bay at 813-247-7233 for safety planning, legal assistance, and various other resources available to victims. Victims should know that they are not alone.

Support & Resources

- Call HFSS: **(813) 591-0250**
- Call National Domestic Violence Hotline: **1-800-799-7233**
- Call The Spring of Tampa Bay: **(813) 247-7233**
- Call Tampa Police Department Victim Advocacy Unit: **(813) 276-3622**
- Call Gulf Coast Jewish Family and Community Services: **(727) 479-1800**

Interested in Getting Involved?

Join us in making a difference! We're seeking donations and volunteers to support survivors in our community. Your help is invaluable!
hfssusa.org/get-involved/

Empowering survivors through
awareness, **advocacy**, and **economic agency**.

Interested in contributing to our newsletter?
Contact media@hfssusa.org
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