"For the first few months, I was in a daze. I was plagued by flashbacks, but I only half-believed it was real.

Friends commented on how brave and calm and strong I was. What they did not know was that I had not fully comprehended the enormity of what had happened."

- Barbara K., who was seriously injured but survived a shooting in which two of her friends were killed.

**SHARES** operates under the premise that even in the worst of circumstances, each one of us is capable of rising from the ashes of unspeakable trauma. We need to be encouraged, listened to, believed, supported, praised, and guided.

"Healing can be a lonely, lifelong process," writes Earl Rollman, a pioneer in the study of death and dying. For survivors of homicide victims, he advises, "Understand that you are not the offender. There is no earthly reason to feel guilt or blame for this crime. As much as you may sometimes be tempted, do not build a wall around yourself. You will remain alone only if you do not reach out to the many resources within you and around you."

With **SHARES**, survivors can discover

- an understanding of their experiences
- acceptance of their feelings
- relief from their agony
- hope in their despair

No expectations are imposed, your confidentiality is maintained, and every effort is always made to accommodate participants.

"It might comfort victims, especially those who feel cheated by the criminal justice system, to know that... even the most negative of angry thoughts and feelings is not wrong."

- Janet B., whose son was murdered

Making sense of what happened to us can sometimes be an exercise in futility. Finding answers for questions that prove relentless and unanswerable frequently intensify our pain.

But, methods for coping and keeping at life can be tried and victories won. Sympathy for the wounds of others can be enlarged, love for those around us increased, gratitude for what is good enhanced, insight deepened, and commitment to what truly matters strengthened.

**SHARES**

Surviving Homicide's Aftermath: Resources, Education, Support
SHARES

Offers a continuum of services including
- crisis intervention
- individual & family counseling
- support groups
- advocacy
- case management
- support thru the trial process
- help accessing benefits:
  - transitional assistance
  - victims’ compensation
  - food stamps
  - housing
  - transportation

SHARES:
A program of South Shore Women’s Resource Center

- Helping victims heal from the loss of a loved one
- Increasing awareness of available services to help alleviate impact of traumatic grief

Assisting individuals in Bristol and Plymouth counties

Mission:
“To seek the end of abuse and violence against women, children, and families. We work to further a community culture that provides safety and support to those affected by domestic violence and to advocate for social change through activism, education, and leadership in our community.”

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SHARES
Surviving Homicide’s Aftermath:
Resources, Education, Support

Providing free, confidential services to family and friends of individuals who have been murdered, were victims of terrorism, or are surviving victims of vehicular homicide in Plymouth and Bristol counties.

South Shore Women’s Resource Center
A comprehensive domestic violence program providing services, programs, advocacy, education, and outreach to victims of domestic violence.

South Shore
Women’s Resource Center

“When the winds of change blow, some people build walls, and others build windmills.”

- Chinese proverb

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