

Psalm 46:1

God is our refuge and strength

Getting Unstuck

I had a relatively stable childhood, even though there were still some serious problems to deal with. No matter what, my father brought home a weekly paycheck from the DuPont plant, and my mother stayed home until we were old enough to live our own lives. *So why did I wind up at the Women's Refuge as a resident with depression in 2001?*

Back in the 40s and 50s, parents didn't talk about problems in the home, so I grew up with "my head in the sand." Over time, I learned that pain does not always come from one traumatic event. Sometimes it comes from years of things left unspoken and unhealed.

I married a widower with three children. After a mission trip to Haiti, I felt I had failed as a wife and mother. I went into an emotional tailspin, and my husband filed for divorce as I tried to continued to work through my heartache while teaching special education.

Soon enough, other situations didn't end well either, and I found myself deeply depressed. In March of 2001, I decided I didn't want to live that way anymore, so I called a counselor friend who referred me to the Women's Refuge.

At first, I was more desperate to get well than to know God better. But through the counseling, curriculum, and program, the Lord began to work with me and set me free. Eventually, I came on staff and began working with the ladies.

My point is this: You don't need one horrible traumatic event to come to the Women's Refuge. God heals women who simply need to get "unstuck," live productive lives, and fall in love with their Savior.

At the Women's Refuge, we minister to women who appear to be "stuck" in life because of anxiety, panic attacks, depression, relationship problems, or painful circumstances. A stable background does not guarantee a pain-free life. I know that firsthand.

Psalm 147:3 says, **"He heals the brokenhearted and binds up their wounds."** That is what I found to be true at the Women's Refuge. It is a place for any woman who wants to get her heart cleansed and discover how much God loves her.



*Sue Sargeant
Groundskeeper*

Founded in 1997, the Women's Refuge is a sanctuary where people can start over with a new understanding of God's plan for their lives. If you need help starting over or getting unstuck call us today at 772-770-4424, or visit our website at womensrefugevb.org

Message from the Executive Director



*Diane A. Ludwig
Executive Director*

I am reminded of the Apostle Paul in Acts 27 when a storm came up and the ship he was on struck a reef and ran aground. They were stuck, immovable, while the ferocious winds and pounding waves wreaked havoc around them, breaking apart the ship. But God made a way! They were ordered to jump into the ocean and swim ashore. Those who could

not swim were able to float on pieces of wood from the broken ship. God rescued all of them and gave them protection. In fact, once ashore, the islanders showed unusual kindness to the survivors. It is our desire to offer security and kindness through Christ to all those who come to us, seeking shelter from the storms of life.

When life around you seems to be falling apart, please know that we care and can offer you hope and help through the word of God. **"He is our refuge and strength, a very present help in times of trouble."** (Psalm 46:1)

TESTIMONIAL



I came to the Refuge completely lost in fear and condemnation. After a lot of grief, I resorted to the old coping mechanism of "people-pleasing" in order to survive. This not only hurt me and those around me, but also my relationship with God.

However, during my time at the Women's Refuge, the staff showed me, through interpersonal disciplines and biblical resources, that I did not need to resort to these old mechanisms in order to survive. I learned that the only one I need to rely on is God, through continual communion with Him, prayer, biblical reading and most importantly, complete trust in Him.

"For I know the plans I have for you," declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future.' Jeremiah 29:11

Thank you, Women's Refuge of Vero Beach, for your patience, steadfastness and kindness during my time at the refuge. God bless you! - Arianne V., Six Month Resident



WOMEN'S REFUGE
OF VERO BEACH

To learn more about
the Women's Refuge visit
our website at

womensrefugevb.org

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Conquering Codependency

W E E K E N D

October 8-10, 2026

Thurs., October 8 at 5:00 PM to Sat., October 10 at 4:00 PM

Women's Refuge
1850 Lemon Avenue, Vero Beach

\$295
for overnight guests

\$245
for commuting guests

**\$100 non-refundable
deposit required
with registration**

GOLF TOURNAMENT

SEPTEMBER 28

CHRISTMAS BANQUET

DECEMBER 12

Reach out to Judy Graziosi, Director of Development
for more information: judy.graziosi@womensrefugevb.org

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