



WOMEN'S REFUGE
OF VERO BEACH



HELP, HOPE, HEALING



WHO WE ARE

A sanctuary where people can start over with a new understanding of God's plan for their lives.

The Women's Refuge, a 501(c)3, was founded in 1997 for people who are experiencing emotional, mental, and spiritual problems. The Refuge offers a Christian live-in program for women, a biblical counseling center for individuals, marriages, and families, and support groups designed to heal the whole person through Christ.

From the beginning, people have found freedom from the debilitation of depression, anxiety, trauma and broken relationships and have gone back to their homes, churches, and communities victorious.

Women residents who have come from around the world have been referred by organizations like Focus on the Family and Mercy Ministries, as well as by pastors, counselors, psychiatrists, families and friends. Physicians, agencies and churches are utilized and coordinated by the Refuge to offer the most effective treatment necessary for each individual.

MISSION

Our mission of the Women's Refuge of Vero Beach is threefold: to provide a live-in Christian program where hurting women can find sanctuary in a healing environment, to offer biblical counseling and support for the healing and wholeness of emotionally, mentally and spiritually wounded women, men, and families in our community, and to make training available for people to disciple others.

PURPOSE

Our vision is to instruct and disciple women in a safe environment so that they may learn to live fruitful lives with changed attitudes about themselves, God, and others. We also train leaders to take this same healing message to other ministries and communities.

Women's Refuge of Vero Beach
Help, Hope, Healing

“
*The moment
I came on
the property
I felt God's
presence.*
”



COMMUNITY TESTIMONIES



Pastor Rich & Sandy H.

Lead Pastor & Elder Horizon Christian Fellowship

“What a great, God-centered organization, and so needed to provide the encouragement and healing a woman may need any time.

As a local pastor, it's nice to know that if our church is confronted with a specific, desperate situation, we can always contact this trusted ministry. We are also amazed how God places on the hearts, of people, like you, at the Women's Refuge, to create a solution to meet

critical needs, at exactly the right time. My wife and I were blessed to sense and see first-hand how the love of God is poured out to each resident and woman involved. Bible study and worshipping the Lord together allow for a perfect, safe, and wholesome environment for women to heal. Witnessing a life redeemed, transformed, and made whole is the heart of God and we are so grateful to be a part of this process at the Women's Refuge. Thank you for obeying the call of God to provide for this ministry and, we, at Horizon Christian Fellowship will continue to keep all of you in our prayers.”

Community Counseling

“We contacted the Women's Refuge for marital counseling. Our counselor guided us through some very painful memories of our childhood. Learning what God's meaning of forgiveness was, we were able to forgive the people who hurt us in our past. We recognized the childhood hurts we carried into our 47-year marriage, and we needed to forgive each other. That's when the work really began!

I attended the “Conquering Co-Dependency” and the “Shelter from the Storm” support group held at the Refuge. After lots of tears from all the emotions I had bottled up over 50 years, God has healed me from so many painful wounds.

Mark and I learned the definitions, effects, and what the Gospel says about trauma. We learned how to address brokenness and find healing, know God's purpose for marriage, and are working on resolving conflict as well as how to communicate more effectively in our marriage. The most powerful and hardest thing for me to accept was who I am in Christ. I had trust issues and wouldn't confide in anyone. I couldn't even identify what feelings I had because I was too busy trying to survive and raise our family.

What I gained with biblical counseling at the Refuge is I have no secrets from Mark. I trust him more, and he is now the best friend I have always wanted. Mark learned that his severe emotional and physically abusive childhood drove his alcohol and drug addictions for 60 years. He gained freedom in Christ and knows his Heavenly Father loves him. Our marriage is the healthiest it has ever been after a lot of hard work together with the Refuge.”



Mark & Florinda M.

COMMUNITY TESTIMONIES



Support Group Attendee

"I attended the Women's Refuge in January of 2024. I was depressed, lost, and feeling responsible for all the issues in my life. It was taking a real toll on me and everyone around me. I attended group sessions that will stay with me forever, one of which was the Codependency class. Of course, I had the attitude that I do not have a problem with codependency; boy was I wrong! It truly was the root of all my problems.

What I learned in that class has given me the tools to lead a better and healthier life. It truly was life-changing and life-saving. I refer back to my notes often, as life still has many challenges. Being able to look back on all the material given to me has helped with boundaries and led to healing relationships that I almost destroyed. Boundaries are healthy and necessary. I learned I cannot control anyone or anything, even when I believed it to be with the best intentions. I am beyond grateful to the Refuge for all they do. I lead a much healthier life now, and when struggles come, which they always do, I have the tools to get me through!"

Resident Testimony

"I was led to the Women's Refuge in Vero Beach, Florida by the prompting of my sister. I was at a point in my life where I had lost faith in my third marriage and faith in myself. I didn't understand that the pain, anxiety, depression, and anger that were such a familiar part of my life were a result of an unforgiving heart and the need for approval. God led me to the Refuge through a tapestry of circumstances that only He could have



woven together. Immediately I was immersed in one of the most challenging transformative experiences of my life. Through individual counseling, the materials I studied, and the daily guidance I received, God's truth began to resonate and strike a chord in my heart. All my life I had allowed others to dictate my worth, and bent any necessary way in order to gain their approval. In the process, I lost myself. When I began to dig deeply into His Word, God helped me see that I needed to forgive myself, forgive others, and release my past to Him.

There truly is freedom in Christ. I am no longer in bondage to pleasing others to gain my self-worth. My true identity is in Christ; He loves me unconditionally. I can live in abundance and joy, knowing He is always there for me, loving me perfectly and accepting me, despite my circumstances or shortcomings.

I can trust God to guide me and give Him my future. He has worked a miracle in my life. I am now reconciled with my husband. We are still on our journey towards healing as individuals and as a couple. God is rebuilding, refining, and polishing us so that He can be glorified through our testimony."

We know that "He who began a good work in us will carry it onto completion until the day of Christ Jesus." Philippians 1:6



246+

Lives impacted this past year through our live-in program, biblical counseling, support groups, and training.

76%

Of our financial support comes from individuals like you!

We provide a safe home environment, all meals, biblical counseling, Christ-centered curriculum, teaching materials, group classes, and more. While it costs \$4000 monthly to provide for a resident, their contribution to personal growth is only \$850 per month.

The remaining difference of \$3150 is obtained through individuals, grants, foundations, businesses, organizations, and church support. As shown above, your individual contribution is critical in our efforts to restore lives, allowing them to overcome challenges and thrive with a new awareness of their identity and freedom in Christ.

PRAYERFUL ANTICIPATION

From our Executive Director

Diane Ludwig

From the bottom of our hearts, thank you!

Your willingness to support this Christ-centered ministry will fuel our mission in 2025 to make a profound difference in the lives of struggling individuals who are crying out for our help. Every contribution, large or small, is the catalyst to bring the promise of hope and promote healing, through God's Word. This impacts families and changes the trajectory of a life for the better. Better for them, better for their workplaces, and better for our communities.



But the journey doesn't end here. Our mission remains clear: to offer help, hope, and healing to those suffering from emotional, mental, and spiritual pain. We invite you to commit to continued collaboration in the year ahead.

Here are the following ways you can join us:

- **Donate today.**
 - We are grateful to receive a monthly or one-time gift.
- **Share the services offered through our ministry.**
 - Biblical counseling to men, women, and families. Support groups, teaching, training and a live-in Christian program.
- **Future planned giving is welcomed.**
 - Stocks, charitable bequests, securities, or real estate.
- **Stay connected for events and volunteer opportunities.**
 - Subscribe to our newsletter, follow us on social media, and share the great work of the Lord in the lives of so many.

Right now, we're counting on you to stand with us as we minister to our hurting world. Remember, you have the power to make a difference to so many. We boldly ask you to open your hearts and contribution to this ministry **today**. Our future, and others, depends on you!

Thank you for partnering with us on this incredible journey. Together, we can serve the Lord our God.

Diane A. Ludwig



DONATE NOW!

MAIL: Women's Refuge | PO Box 1484 | Vero Beach, FL 32961
CALL: (772) 770-4424 **ONLINE:** WomensRefugeVB.org/donate

WAYS TO MAKE A DIFFERENCE

- 1 \$135 provides a resident with a day of biblical counseling, a Christ-centered curriculum, support, meals, and housing.
- 2 \$60 provides one counseling session for those in need of restoring relationships and promoting healthy living.
- 3 Join our vibrant team! Volunteers are the heartbeat of our mission, and your time makes a difference.
- 4 Support our Women's Refuge Resale Shop! Donate, volunteer, and shop gently loved items in-store: 1615 10th Ave., Vero Beach, FL, 32960 or online: womenrefugevb.org/resale-shop

The Women's Refuge of Vero Beach instructs and discipless women in a safe environment so that they may learn to live fruitful lives with changed attitudes about God, themselves, and others. We count on support from people like you to continue this work.

Please join us helping change lives! Send your donation by Dec. 31st for 2024 tax credit.

