

Client Case Study



Domestic
Abuse
Experts

Training
& Consultancy
mycwa

JENS STORY

When Jen arrived at refuge in December 2024, she was facing significant challenges. A mum to five, four of her children were living dad, and her young baby was in foster care. Her perpetrator was in prison.

Working closely with social services and supported one-to-one by Martha, her key worker from My CWA, Jen began to face the trauma she had experienced and understand the wider impact it had on her family.

Just 5 days before Christmas, her baby was returned to her care. That return didn't happen by chance. It was the result of Jen's courage, hard work, and a fierce determination to turn her life around, for herself, and for her children.



WHY THRIVE

She was determined to move on. A key part of that was taking part in The Thrive course – a group recover programme designed and delivered by the Specialist Team at My CWA.

Being a small group setting, it helped ease some of her initial anxiety. The trainers were skilled and supportive, creating an environment where Jen felt safe to share her story.

“I thought I knew, but now I know more. It gave me things to think about and has helped a lot,” Jen says.



THRIVE IN ACTION

"I've learned what's **okay** and what's **not okay** in a relationship. I won't settle for less anymore. My expectations are high now, they need to be. I've got **kids to protect**, and I know I deserve better. I deserve a king."

The course was **eye-opening**. Toward the end of the course, was a video which was hard to watch and left her deeply upset but it made an impact. She began to truly **understand the effects domestic abuse** has, not just on her, but on those around her.

"The biggest thing I learned was about the **effect on children**. You don't always stop to think – about how they feel when they go to school in dirty clothes, or when they're too scared to have friends' round, or they're just worrying about what's going to happen at home. It's a whole lot of things."

MOVING FORWARD

At the end of the course, Jen wrote down her **hopes** for the **future** – a goal she still keeps close. She keeps the paper as a **daily reminder** of everything she's fighting for.

Her ultimate aim is to **reunite** all five of her **children** under **one safe roof**. And she knows the path forward is not just about hope – it's about action, safeguarding, and continuing to ask for help when it's needed.

Jen's story is one of **survival**, **transformation**, and **relentless love**. She's proof that, with the right support and determination, **change is not only possible – it's powerful**.

*"I'll never go back to that place again. I know what's **right** and **wrong** now. If I need to, I'll pick up the phone. **I'm ready!** I'm in a **better place**. And I'm not going backwards."*

LET'S START A CONVERSATION

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