



Rachel Goodman

My name is Rachel Goodman and I was a victim of domestic violence. I lived with someone who physically and emotionally abused me. I had a near-death experience, not once, but twice! But, I'm one of the lucky ones; I survived, I got away. My near-death experience brought me to a special and safe place.

This place is the Family Justice Center -- a place where victims of domestic violence can get their lives back together again, that provides legal and medical services for those who are in need.

My recovery started with me. I had to start my life over again with the help of many caring people. Then I found out I was pregnant with my second child. I had to choose to get healthy again not only for me but, for my children.

My daughter became the first Family Justice Center baby. The Family Justice Center gave me many resources so we could be safe from my abuser.

My life has had many changes but, through the Family Justice Center and the great people that work there I can stand on my own two feet again. I'm a proud mother and have learned how *not* to be a victim.

Through the last two years, I have done many great things. I have given back to our community; spoken at The President's Family Justice Center Initiative Kick Off Conference; been featured in San Diego Magazine and Nurse Zone.com. I am now humbly grateful for the many positive changes and I can now live a happy and healthy life without being a victim. Freedom!