

Erin Wood Photography Southington, CT



*Theresa Valentine - Founder, CEO*

## Why I Started The Foundation

For years, my family and friends only knew the life I wanted them to know. I hid my real life behind closed doors and put on the picture perfect cover for all to see. It took me years to find the strength to admit to myself that I lived in fear and humiliation and to take the steps to create the life that my daughters and I deserved.

Through the publication of *Sunrise*, and the development of the Foundation, we will help women find the strength, courage and financial support needed to take that first step.

## Stay Connected

- Fundraisers will be listed on our website -- come and join us!
- Read our quarterly newsletter to stay on top of the Foundation's activities and the stories of the women we've helped.

## Contact Us

Email: [Sunrisefoundationforwomen@gmail.com](mailto:Sunrisefoundationforwomen@gmail.com)

Web: [www.Sunrisefoundationforwomen.com](http://www.Sunrisefoundationforwomen.com)

Mail: *at the address below*

Book Purchase: [www.Amazon.com](http://www.Amazon.com)  
[Barnes and Noble](#) and other retail outlets

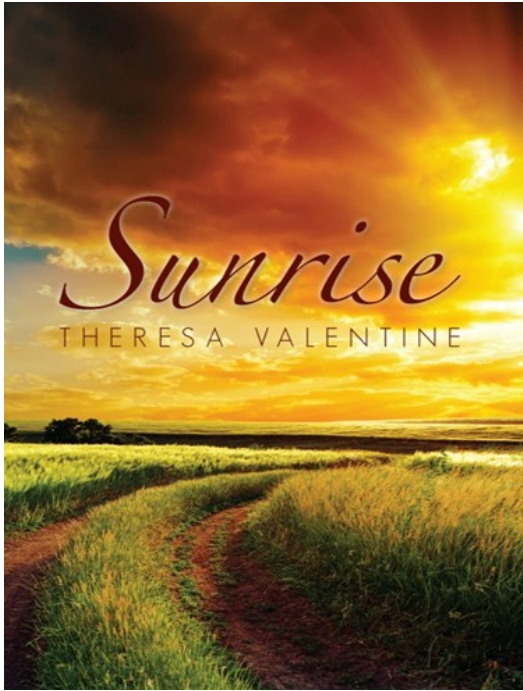
If you are interested in having Theresa share her story at a support group or other event, please contact us through our website.



**SUNRISE FOUNDATION FOR  
WOMEN, INC.**  
P.O. Box 185  
New Hartford, CT 06057



*We can't help  
everyone, but,  
everyone can  
help someone*



## Our Services

**Sunrise Foundation For Women, Inc.** provides grants, based on specific eligibility, on a quarterly basis. The amount of the grant varies based on individual needs.

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*“Sunrise is a must-read for anyone who has been in an unhealthy relationship ...”*

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## Mission

We operate a non-profit community foundation to receive and administer funds. These funds provide individual grants to assist women who have demonstrated that they are attempting to leave or have left a threatening or abusive relationship. These women have taken steps to embark on a new life and need assistance to achieve their goals.

In conjunction with the Foundation's establishment, our Founder has shared her own experiences, through the book **Sunrise**. This provides a real life example of courage and commitment to seek out a better life.

Our mission is to help other women find the strength and reach their goal of a happier and healthier future.

## Book Description

Stephanie is on her way to a television station in New York to appear on a popular talk show. But as important as her trip is, it's only a small part of a much longer, more arduous journey. She's been hurt, humiliated, and abused by her alcoholic husband, and she's made some very difficult decisions over the years.

**Sunrise** chronicles the years of abuse Stephanie endured and her herculean efforts to mask it from the outside world. Inspired by true events, the story reaches back into Stephanie's childhood and follows her through the decades, showing how she eventually found the courage to face public scrutiny and disappointed family members to do what she knew was right for her two daughters and herself.

## Who We Are

We are a non-profit community foundation formed in Connecticut, 2014. Our Foundation's launch coincides with the release of the book **Sunrise**. One hundred percent of the profits associated with book sales will go directly to the Foundation and support the organization's mission.

If you, or someone you know, are seeking assistance, please review our website for grant submission deadlines and the disbursement schedule.

## Want To Get Involved?

- Volunteer for our fundraising events
- Provide a charitable donation through our website or mail directly to the Foundation
- Share your story on our testimonial page. Support from others gives strength to those who believe they are alone
- Pay it forward – if you can afford to help others with your time or money, take a step and make a difference in someone's life