



Dear Friend and Supporter,

Growing up Tammy had become accustomed to abuse, both verbal and physical. It was a typical part of life.

When she went out into the world this abuse fostered a pattern that led to alcoholism to escape the pain and, when an abusive boyfriend lost their apartment, Tammy became homeless.

Homelessness also became a norm. She accepted it. And she lived under a bridge beside a hospital in Lowell for eight years.

Sometimes when it snowed she would climb up the embankment and walk to Middlesex Street where she knew there was a homeless shelter. But for years she never went inside. When she finally did, she received so much more than she imagined.

Staff at LTLC's [Winter Emergency Bed Program](#) connected Tammy to a case manager, [Cheryl Sullivan](#), who would later become someone she considered her friend.

Cheryl convinced her to move into a new home with help from LTLC. In December of 2016 Tammy spent her first night in eight years under a roof she could call her own.

She slept on the floor at first...

Not because she didn't have a bed. She did. But because she had been outside for so long, she felt more frightened in her bedroom than she felt under the bridge in a tent.

Cheryl continued to visit, encouraging her and providing a stable presence in her life. Slowly, Tammy found the courage to grow into her new life and end the abusive relationship that was contributing to her homelessness. Her room is decorated with flowers and pages from her coloring books, things that calm and comfort her on this journey.

Today she is sharing her story with you, with a mix of shyness and openness, vulnerability and strength.

Last year over 500 people living on the street needed to spend the night in the [Winter Emergency Bed Program](#). They had access to beds, blankets, clothing, hot meals, and dedicated, experienced case managers who solve homelessness. This year we need you to keep this life saving and life changing service operating. Winter is on the way and hundreds of people need your help. The time for action is in this moment, before temperatures drop and snow covers the streets.

Your donations can end homelessness and hunger in the Merrimack Valley and give people a reason to believe in a better life. [Make a donation](#) to LTLC's year's end fundraising effort so case managers like Cheryl can continue to give someone like Tammy a path home.

Sincerely,

[Jayde Campbell](#), Executive Director

P.S. When you make your donation please consider joining the [Hope Network](#). It's one of the best ways to make an impact.

P.P.S. Hear Tammy tell her story in her own words:

Visit [YouTube: Their Story](#).



Lowell Transitional Living Center | 205-209 Middlesex Street | Lowell | MA | 01852