



Sofia

"Getting free from a violent situation was hard. Once we were free, balancing work and striving for stability was also difficult, but being a mother fueled my determination. United Way's introduction to SNAP at my daughter's school felt like a second chance at building a better life. Groceries became less of a struggle, allowing me to redirect my energy towards creating a better life for my daughter. United Way's assistance reminded me that progress is possible with a community by your side."

**United Way of the
Dutchess-Orange Region**

