

"Jessica's integrity, grace, and strength are clearly evident when she speaks and presents. Never harsh, yet never straying from the truth, she ceaselessly and clearly articulates messages of hope and encouragement."



Jessica Yaffa is a survivor of extreme domestic violence and has transformed a set of extremely traumatic circumstances into a triumphant story. Ms. Yaffa is the founder and leader of H.E.A.L.I.N.G., the first domestic violence ministry in San Diego, which has served over 6,000 men, women and children since its inception over seven years ago. Additionally, she serves as the President of NoSilenceNoViolence Inc., a non-profit organization committed to providing resources and aid to those affected by domestic violence and sexual assault. Ms. Yaffa recently published her memoir, *Mine Until: My Journey Into and Out of the Arms of an Abuser*, and a workbook for therapists titled, *Help Me, Help Her: A Therapist's Guide to Treating Survivors of Domestic Violence*. Ms. Yaffa travels the country speaking at universities, hospitals, corporations and nonprofit organizations with a commitment to create social change, shift perspectives, raise awareness, and ultimately inspire a movement to end abuse globally.

Jessica shares her powerful story with authenticity and courage. As a young woman she found herself trapped in the confines of an emotionally and physically abusive relationship that changed her life forever. This presentation focuses on the "void" that many young women (and men) attempt to fill by moving from one unhealthy relationship to the next, only to find that this void still remains. She not only helps her audience identify what this void represents, but how to develop a sense of personal value and self-worth as they move toward hope, healing and freedom.

Jessica Yaffa

Domestic Violence Speaker, Author, Survivor & Advocate

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