



Pauline Zimmerman, Survivor of Abuse in a Plain Community, to speak February 18

January 20, 2020 Lancaster, PA

Pauline Zimmerman, author, survivor, retired nurse and counselor, will discuss her experience of childhood family violence in a conservative Plain family in Lancaster County PA in a virtual Zoom interview on Thursday, February 18, at 6:30 pm. She will be interviewed by Linda Crockett, Director of Safe Communities, an organization based in Lancaster, PA dedicated to supporting adult survivors of child sexual abuse, as well as ending child sexual abuse. The event is a segment of the "Survivor Voices" series launched by Safe Communities as part of its effort to educate the public about how this issue impacts individuals and communities.

Zimmerman is the author of the just released book "I Heard and Saw Before I Knew: A Journey Through Abuse." (Mereo Books). From the publisher: "As a young woman, she embarked on a journey to make sense of a childhood dominated by a cruel, controlling father, clouded by parental conflict and haunted, for her and her four siblings, by physical, mental, sexual and emotional abuse which went unacknowledged and unchallenged for years. Understanding how abuse within the family happens and why, and how to help sufferers deal with it, has been her life's work; she became a respected specialist in adult psychiatric and mental health nursing." Zimmerman served in Somalia, Kenya and Lancaster County. She also earned a license in marriage and family therapy.

Despite her professional training as a counselor and awareness of other violence in her childhood, she did not remember the sexual abuse she suffered until mid-life. She will speak on the dynamics of this, how church and culture enabled and reinforced the abuse in her family, and her journey of spiritual, emotional, and physical healing.

Zimmerman is also the author of "If I Cry, Will Someone Understand Me: Violence and the Church's Response, Finding Hope & Healing (2000)."

Interested persons must register at www.safecommunitiespa.org. Registrants will receive a Zoom link to the event. A recording will be available after the event for a limited time to registrants only.

There is no cost to register for the event, but a donation to Safe Communities to support their work to prevent child sexual abuse, is encouraged.

To learn more:

Press Release Contact:

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Visuals:

Photo of Pauline Zimmerman

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