



Stephanie Bonter, Director



Hey everyone, I'm Steph!

From the time I left home to go to college I feel like I was always on a mission to find something. I was not sure what I was searching for, so I dove headfirst into that purpose of finding happiness but was constantly stuck, never truly being happy.

I moved around, discovered different careers, made new friends but always found myself restless and discontent. I was overwhelmed with sadness, so I would overcommit to responsibilities that would keep my life busy so to not get trapped in my own head.

It was not until the past couple years I made the connection that it was not happiness that would fill the hole in my being, but peace. I had to sit with myself and reflect how I responded to day-to-day events and unlearn habits that were keeping me from my own personal growth. Uncomfortable, am I right?! The more I was honest with my truth the more I found that I was not alone in how I felt.

This is why I joined Rowan House. I want to help women and children in my community find their peace and break the chain of abuse. We are strong and we are worthy.

"A part of healing is being willing to (un)learn why you keep choosing what you've already learned isn't a fit." - Yasmine Cheyenne

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