

## contact Heartfelt House ...

301 Lismore Rd Wollongbar  
(corner of Sneaths Rd)

PO Box 904  
Alstonville NSW 2477

Phone 02 6628 8940 or email  
heartfelthouse@westnet.com.au

[www.heartfelthouse.org.au](http://www.heartfelthouse.org.au)



*Heartfelt House is a not-for-profit organisation that depends on support from the community*

### **Heartfelt House provides support to adults who were sexually abused as children**

Our team of qualified counselors and experienced facilitators guide survivors through the healing process in a caring, safe environment.

We also offer seminars educating non-offending parents, spouses/partners and the community in how to best support an adult survivor and how to protect children from sexually abuse.

Our support base consists of survivors, non-abusive parents, partners, friends and professionals from all sectors of the community who all have one thing in common:  
they all believe that sexual abuse is *abhorrent* and that those affected *need support*.



## 100 Hearts Club

Healing Hearts \$10 At A Time



Providing Heartstrength  
to Adult Survivors of  
Childhood Sexual Abuse

*"I can see a light at the end of the tunnel. Heartfelt House has helped me so much."*

*"Heartfelt House is amazing - the program has helped me so much; it has given me more skills for everything in my life."*

*"I have done many groups. This group was by far the best in regard to support and organisation. I would rate the group as exceptional. Thank you."*

In 2010 the Australian Institute of Criminology released a paper with the opening line: "Childhood sexual abuse (CSA) continues to occur in our communities at an alarming rate, with up to 30% of children experiencing CSA of any kind and between five and 10 percent experiencing severe abuse" (Ogloff, Cutajar, Mann, & Mullen, 2010).

## **What Is The 100 Hearts Club?**

In response to the Federal Government's limited funding, Heartfelt House has founded the 100 Hearts Club.

Our aim is to find 100 people willing to donate \$10 per month towards supporting Heartfelt House.

## **What We Are Asking For ...**

We need 100 people to commit to donating \$10 per month (about the cost of two coffees!) via direct deposit on an ongoing basis.

At the end of each financial year we will send you a receipt for your tax deductible donation.

***Help Us Heal Hearts  
\$10 At A Time***



If you would like to join our 100 Hearts Club please fill in the details below and return it to:

**Heartfelt House**

**PO Box 904**

**Alstonville NSW 2477**

or email your details to

**admin@heartfelthouse.org.au**

Name: .....

Address: .....

Email: .....

Phone: .....

or you can call us on 02 6628 8940 and we can answer your questions and provide you with the necessary account details and personal ID code.