



If you would like Heartfelt House to come and share information about adult survivors of childhood sexual abuse and the programs and seminars we provide with your community group or organisation, please contact us.

HEARTFELT HOUSE INCORPORATED

301 Lismore Road
Wollongbar NSW 2477

PO Box 904
Alstonville NSW 2477

Phone
02 6628 8940

Email
info@heartfelthouse.org.au

Website
www.heartfelthouse.org.au



Providing Heartstrength
to Adult Survivors of
Childhood Sexual Abuse

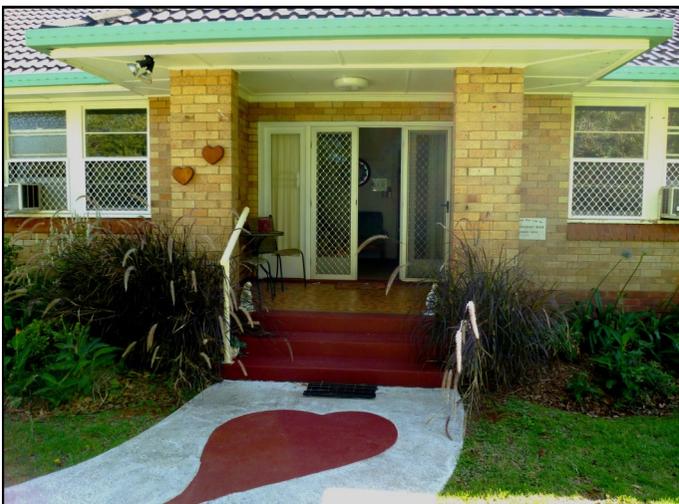


One in three females and **one in six** males are affected by sexual abuse by the age of 18*.

*Australian Institute of Criminology 1993

This can have very serious effects including:

- depression
- anxiety
- guilt
- sleep disorders
- post-traumatic stress disorder
- antisocial behaviours;
- suicidality
- eating disorders
- alcohol/drug misuse
- self harm
- post-partum depression
- parenting difficulties
- sexual dysfunction
- poorer physical health
- limited educational and working achievement



At **Heartfelt House** our aim is to provide an environment where adult survivors feel heard, nurtured, understood, validated, supported and accepted. We believe that with the right support and validation, reclaiming your life is only a heart strength away.

We are located on the far north coast of New South Wales, surrounded by beautiful and private gardens which can be very conducive to healing. It is in this tranquil setting that we provide groups to support survivors and their family and friends through their healing process.

Our Program for Survivors

Taking the First Steps is a structured, no-residential 18 week group program for adult survivors of childhood sexual abuse which aims to explore the core issues stemming from the effects of the sexual abuse. Each group meets once weekly and has a maximum of six participants and two qualified facilitators.

It is designed to create awareness, give information and explore thoughts, behaviours and feelings related to the trauma of the sexual abuse in the past and how it influences participants' lives today.

The program runs parallel to the NSW school term with a two week break during school holidays.

The cost for each participant is \$360(GST inc).

Our Seminars

Eyes Wide Open for Family and Friends is a 3 hour seminar designed for partners, family and friends of adult survivors of sexual abuse. It presents information on myth busting, perpetrator tactics, coping skills and how to best support a survivor.

The cost for each participant is \$55 (GST inc.) and each participant receives a take-home manual. Light refreshments provided.

Please call to book your place at our next seminar.

Stand By Me for Professionals is a 3 hour seminar designed for professionals who come into contact with adults who were sexually abused as children. It presents information on how to respond to disclosure and best practice for providing ongoing support.

The cost for each participant is \$55 (GST inc). Seminars can be offered either at Heartfelt House or your organisation (subject to participant numbers). Each participant receives a take-home manual and a certificate of attendance. Light refreshments provided.



From a past Taking the First Steps group participant ...

After completing this amazing program I am now able to face issues in all areas of my life. I have more insight of my depression, anger and anxieties and I can now address issues in my marriage and with my children in positive ways. I am now able to move forward in my life's journey as a survivor not as a victim.

Even though the participants of my group were all in different stages of their lives and had different means of dealing with their childhood sexual abuse, we were brought together in a safe supportive way through the positive encouragement of the facilitators.

There are so many who have been victims of childhood sexual abuse and so few services who directly support individual growth. Heartfelt House was instrumental in my help and direction and in my group as I am positive it has also been for all the groups. I am hoping that the many others will be able to attend Taking the First Steps in the future, so they too will be able to move forward in their lives as strong survivors.