



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

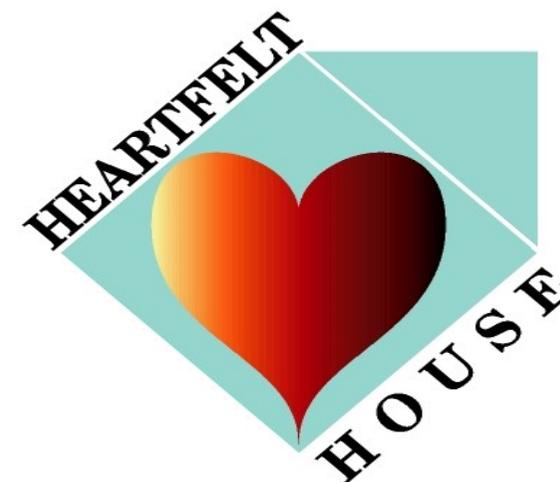
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Providing Heartstrength
to Adult Survivors of
Childhood Sexual Abuse

Heartfelt House (HFH) is a not-for-profit charity which offers a range of services for adult survivors of childhood sexual abuse and their supporters.

HFH is located in Wollongbar on the Northern Rivers of NSW.

Our vision is a society in which adult survivors of child sexual abuse can access support and resources they need to help them to live a full and rewarding life.

Our mission is to provide an environment that is conducive to healing and recovery for survivors.



Program for Survivors

Taking the First Steps—Since 2005, over 260 participants have completed the structured, non-residential 18 week therapeutic program in 43 groups for adult survivors of childhood sexual abuse. This program is professionally facilitated by two qualified group facilitators and aims to explore the core issues stemming from the effects of childhood sexual abuse and trauma in a safe environment. The program runs parallel to the school term with a two week break during school holidays and meets one morning per week for two hours with six participants.

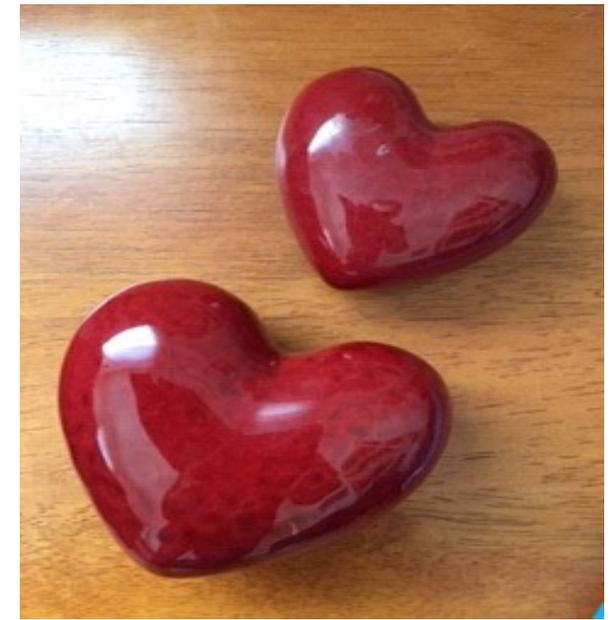
The cost for each participant is \$360 (GST inc) and includes all course material and light refreshments. Free parking is available surrounded by tranquil gardens.

Our Seminars

Eyes Wide Open for Family and Friends is a 3.5 hour seminar designed for non-offending partners, family and friends of adult survivors. It presents information on myths surrounding child sexual abuse, perpetrator tactics and how to best support an adult survivor.

Stand By Me for Professionals is a 3.5 hour seminar designed for professionals who come into contact with adults who were sexually abused as children. It presents information on how to facilitate disclosure in a safe and nurturing way and gives recommendations for best practice approach when providing ongoing support.

The cost for each participant is \$65 (GST inc).



Testimonials from past participants ...

- ♥ 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.
- ♥ Heartfelt House was instrumental in my healing and learning as I am positive it has also been for the others in my group. I am hoping that 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.