I am 58 years old. I am a survivor of child sexual abuse. I am a survivor of sexual abuse as an adolescent as well as an adult. I am a survivor of many other abuses. I have been abused by leaders in a church, in community as well as family and those not related. I have been to numerous counsellors and came out wanting to run and not stop because I felt I was talking to a robot and I felt they didn’t understand. I was over going over the same thing when you went to another one, I gave up.

A friend led me to a place. At that time it was called Mayumarri it is now called HEAL FOR LIFE.

This place can walk the walk and it can also talk the talk. This is a place that gives you the chance to stop and to breath, feel safe as well as be safe, it helps you to find your voice and you are given the chance to use it and through your journey there is understanding.

The facilitators and the carers understand, they don’t judge you. They have walked the walk so they can also talk the talk. Trust is earned by both. YOUR LIFE not only can be changed it IS CHANGED.

The unpacking of your life happens in a very gentle and safe way. You do it at your own pace.

The setting and surrounding of the place helps with the healing.

The set up of the place the people and the program are all pieces or a puzzle that you need for the healing to occur.

HEAL FOR LIFE allowed me to open my heart, reach into my soul and be able to FEEL for the first time in my life. It brought me to my knees and it let me cry.

I went to this place not knowing there was a word such as SURVIVOR. Unsure and seriously scared as I never met HELP before.

I went to this place expecting nothing.

I didn’t go to this place for a hand out. People think that’s what an Aboriginal person wants. I was looking to see if I could get a hand up. I wanted to get out of the deep hole I was in. I was sick of the darkness. I was over looking over my shoulder and not being able to sleep. I was alone and lost.

I wanted to be able to walk with my head up. I am a proud Aboriginal person but how could I show this with the shame I was carrying around, not just on my shoulders but deep inside my chest.

HEAL FOR LIFE gave me my life.

My growth I gained it came out of the love an support at Heal For Life. I now have the strength to say NO. I am not afraid to stand up and help others. I have been given the opportunity to work with my people young and old. I have been able to say to them YES there is a place that cares about you and can help you, you as an individual. You are not a number here you have a name and this is a real healing centre.
No question is too big or too small to ask and there is no question to shameful to ask either. For any Aboriginal person who wants to FEEL, who wants to HEAL the journey needs to begin here at HEAL FOR LIFE. They do not need to stay in the darkness or stay scared, this place gives you freedom.

With the abuses I encountered I could have just died in a bottle or spaced myself out with drugs but I chose to be invisible. I lived in my own little world I never listened or took anything in because nothing mattered, and nobody cared. It wasn't until a friend took me to HEAL FOR LIFE that I realised that my life did matter.

My passion is to keep our kids safe and educate them. I volunteered each of my school holidays, as I work as an aide in a school, to work at heal for life. Counsellors can walk you so far and most of the time Aboriginal people feel they are walking it alone and don't see or feel any different. At HEAL FOR LIFE I found here pandoras or in my case the lid of [REDACTED] box was opened. The workers here walked with you side by side all the way all the time.

Thanks to HEAL FOR LIFE they helped me up, they trained me the help other Aboriginal people to find there feet there voice and to be able to feel. The training from Heal For Life I had has taken me on a journey to other parts of Australia working alongside and with other Aboriginal survivors young and old. I have worked as a carer and a facilitator. The saddest part is having to stop.

If the Aboriginal people in N.S.W., N.T., Victoria and W.A were listened to I would still be helping them as they have ask for my help and support with their communities.

The Aboriginal people I have worked with through Heal For Life has change a lot of Aboriginal lives and I wish it was able to continue and they be given the same chance I was. HEAL FOR LIFE helps you to grow by showing you are important, you matter and they do it step by step with survival techniques. You can go to this place as many times as you feel the need to do so. It does not matter and each time you go you are treated with the same respect you are always helped and you always grow stronger each time, but you have to want to grow in order to do it.