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**From:**  
**Sent:** Thursday, 5 November 2015 8:35 AM  
**To:** Advocacy and Support  
**Subject:** Recommendation

To Whom It May Concern,

I am writing to bring your awareness to a trauma centre that as a survivor of child sexual abuse helped me to save my life.

The centre is Heal For Life Foundation in the Hunter Valley of NSW.

I came with my partner [REDACTED] to talk with the Commissioner [REDACTED] three years ago and even though my abuse was not from an Institution the Commissioner was interested in what I had to say.

I cannot speak highly enough of the Heal For Life Foundation and after attending a number of times for there healing week programs I now help out as a volunteer.

Kind Regards