

## angelhands From Surviving to Thriving Retreat Program

offering rest, respite, reflection and reconnection



### Past Testimonials

I am so grateful for being asked to come along this weekend- I felt like I had been waiting for this opportunity for years, I guess I had!! The women I met, the small chats, the relaxation, pampering and the food! It was all I was searching for and more. This whole experience really opened my eyes and made me realise...

I am not alone,  
I am strong, I  
I can do anything.

These are so cliché and things people always say. But it took this weekend for me to realise it. Thank you, thank you and THANK YOU! Thank all of you:

For me this retreat has given me the opportunity to feel safe and to face my fears, evaluate myself and begin the journey of waking up and coming back to life after hiding away behind the walls for such a long time. I know this is the first step and it was extremely painful but in a beautiful loving and safe environment. Thanks for the love and support of angelhands and the other ladies attending the retreat. Love and light

The retreat has been an opportunity to reflect on the journey I have walked and the trek that lies ahead. The retreat has been comforting being amongst people with shared experiences and confronting when accepting others stories and experiences. I would suggest that an additional day/ night would allow more movement from head space to heart space (where the leaning and growth happens). The activities to recognise where we are "now" would have been beneficial in helping achieving my goals for the retreat. It took me a long time to connect with what I was feeling and experiencing. Thank you for the opportunity to attend and be with this group.

The angelhands 'From Surviving to Thriving Retreat Program' involves a weekend residential retreat being offered to specific subsets of people affected by homicide and/or serious personal violence for example, men bereaved through homicide, women affected by family violence, foster carers caring for adolescents with trauma related to violent experiences.

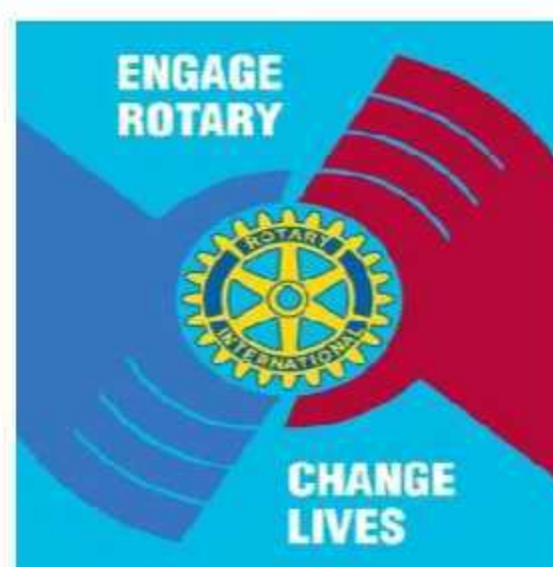
The residential retreat program involves participants arriving at a semi-rural purpose-built retreat venue just prior to dinner Friday evening and staying until mid to late afternoon on the Sunday (transport can be provided if needed). During their stay, participants are invited to engage in a number of activities designed to encourage the development of self-awareness and self-care. During the Saturday afternoon various self-care experiences are offered. These services are typically provided by professional who volunteer to provide massage, reiki, spiritual healing, facials, hand massage and the like, additionally, bushwalking, reading and a spa is available.

The menu is responsive to the dietary needs of participants, and is developed in a way that focuses on providing wholesome and nourishing foods throughout the retreat. Further, the program is structured to promote a balance between activity and rest. Some participants share a room, while others have their own.

The purpose of the retreats is to afford people dealing with the trauma of violence with support (professional and peer) by offering them the opportunity to meet other people in similar situations, while simultaneously providing the opportunity for them to access information about the services available to them and ways in which they can develop strategies to improve their self-care and maximise their sense of well-being.

The retreats are run by angelhands as funding becomes available and participants are asked to make a token contribution which can be waived in times of hardship. Participants are recruited by seeking referrals from relevant agencies working with the community (government, non-government, volunteers and member associations).

angelhands Support and Programs Coordinator can be contacted for more information on the details at the bottom of this page.



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