



An Innovative and Engaging Program to Help At-Risk Women with Sexual Recovery

Views From
A TreeHouse, LLC.

Hi. I'm Justine.

Not too long ago I was alone and sad. I knew that a lot of change needed to happen before I could live healthy again. Just didn't know how to get there.

I was a mess for a long time, using drugs and everything, and I felt so guilty about who I was. I got pushed around a lot, and didn't think I was worth anything. I hated it, but I kept going back to the drugs and to unsafe relationships. No matter how hard I tried, I couldn't shake it for long. I ended up completely out of control of my own life, lost in pain, confusion, and self-hatred deeper than I could handle.

A friend got me involved in *Sanctuary for Change* at my treatment center. This program helps people like me who haven't had good relationships. It was amazing to share with women who had similar struggles to mine. I learned new ways of thinking about myself that completely changed how I live. I especially learned about my sexuality.

I learned that I could make safe choices for myself. Pay attention to my body and my emotions. Stay away from situations that don't make me feel safe, and let myself be in relationships that are healthy for me. I don't feel like I'm not worth anything anymore. I understand how to treat myself well. It's still hard a lot of times, but I wake up in the mornings knowing that I don't have to be stuck in the way I used to live anymore.

I hope you can grow too from this program. It's an important step toward living a healthy life. It doesn't fix everything, but it teaches you to make good choices and understand yourself so that you can live more fully and more free from fear and confusion.

- JUSTINE

INVITATION TO PARTICIPANTS:

Are you looking for a safe environment to talk about your fears & hopes?

Do you want to be comfortable being sexual without alcohol or drugs?

Are you interested in learning about setting clear boundaries?

Want to make informed and healthy sexual choices?

AFFIRM WHO YOU ARE

Join the Sanctuary for Change.

& learn positive ways to be in relationships

This program will give you an appreciation of how far you have already come. It will provide you the tools and knowledge to reclaim who you are and be able to move toward leading a healthy sexual life. We welcome you as a participant in the *Sanctuary for Change* program. *We look forward to seeing you.*



**Views From
A TreeHouse, Inc.**

LEADING A HEALTHY SEXUAL LIFE AN INVITATION TO PARTICIPANTS...

Note from the Author

Germaine Boswell Tizzano, Ph.D.
President and Founder



I want to welcome you to the *Sanctuary for Change* Program. In the next few weeks, you will explore who you are and who you wish to become as a person – as a sexually healthy person. You will have fun talking with other women, sharing experi-

ences, ideas, and values.

Sanctuary for Change is an avenue to discover and claim the self within you that deserves to be revealed. Allow yourself the gift of faith. Allow yourself the opportunity to learn and develop with other women who have traveled similar paths and who, like you, wish to grow and become all that you and they can become. Come join us. Come join *Sanctuary for Change* and see how miracles can happen in your life.

For further information about workshops, programs, and other services offered by **Views From A Tree House, LLC.**, contact: germaine@viewsfromatreehouse.com

The Sanctuary for Change program can help if...

- You need a safe environment to talk about your fears and hopes;
- You wish to heal from past abuse;
- You want to be comfortable being sexual without alcohol or drugs;
- You would like to affirm who you are;
- You are interested in learning about setting clear boundaries;
- You desire to make informed and healthy sexual choices;
- You would like to learn positive ways to be in relationships.

If you have been abused in the past, you may have turned to substances to hide your feelings of shame and guilt. Drugs and alcohol may have become a way for you to feel “sexy.” After you’ve been in recovery, you may find the thought of having sober sex scary and unfamiliar. To stay clean, you can learn how to love and protect yourself so you can feel good about yourself. You have a right to be treated kindly and to be comfortable with yourself as a sexual person. You can learn to express what you want in a relationship and feel respected.

This program will give you an appreciation of how far you have already come. It will provide you the tools and knowledge to reclaim who you are and be able to move toward leading a healthy sexual life. *We welcome you as a participant!*

DATE:

TIME:

PLACE:
