**Imagine**

**If you found your father hanging by a rope & you were 6 years old.**

**If your mother was not really there because she was drunk when you needed to eat & you were 4 yrs.**

**If your coach wanted to bring out more than your talent when you needed support & you were 12 yrs.**

**If you were struck down by debilitating illness and were all alone when you were 7 yrs.**

**If you were mercilessly bullied throughout school for what you were and had no one to tell .**

![C:\Users\Pernille.Petersen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5OWQON3Q\Haven_Wordmark[1].png]()

**Imagine healing the hurt**

**Imagine**

**Growing up thinking it was all your fault, consumed with guilt that your dad did it because you were not good enough to stop him.**

**Growing up thinking you were not worth anyone’s attention or love because not even your mother could be bothered.**

**Growing up feeling your gifts were soiled by some else’s dirty needs.**

**Growing up thinking you would never be well and always be alone.**

**Growing up feeling you would never be good enough, or smart enough, or brave enough to be liked.**

 **Imagine:**

**Finding a place where someone listens.**

**Where someone understands.**

**Where there are real friends.**

**Where there is freedom to recover.**

**Where there is hope to get better.**

**Where there is someone who cares.**

**Where you get better learning to live and enjoy life!**

***This is the journey many Haven clients make: from trauma and abuse in childhood, wretchedness as adults to recovery and self-esteem at THE HAVEN***