Aventa
Addiction Treatment for Women

My Comments on Aventa's program and my experience with them:

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Aventa is a very inspiring stay, with your peers, residental staff, counsellors and programmings & speakers. I have and continue to take every last piece of information and literture with me for a life thing. I have grown and have learnt so much about myself inside and out, its an amazing feeling and transformation. I never imagined in a million years, I could be so happy and so greatful to be alive today. Thanks again so all the support and education [redacted]

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ENTERED
04/03/2012

610 - 25 Avenue SW, Calgary, Alberta, T2S 0L6
Phone: (403) 245-9050 Fax: (403) 245-9485

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The program was very helpful both in phase 2 & 3. It helped me stay sober. I also worked on some areas I find are vital to my everyday sobriety, and also with others. Esp. what I realized was that my emotional boundarys are really fucked up. It is because of my family of origin. Growing up I was always to the detrimental of me) looking out & doing things for my family to the point of doing everything for them. I also thought I had to keep everyone together, so that's where the emotional boundrys flew out of the window.

But as I said Aventa saved my life, so thanks to all the staff, but esp. thanks to myself. Because if I wasn't ready to change my life, I wouldn't be here.

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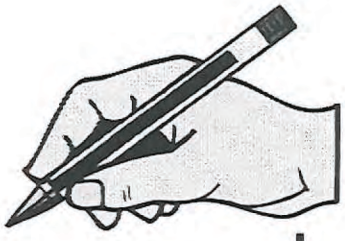
04/02/2012



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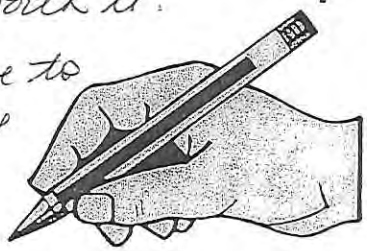
I feel that this program saved my life. When I came into Aventa, I was so afraid and felt all alone, I did not believe that anyone could help me, The first Monday they did PAWS and it was like a switch going on, I recognized myself as suffering from PAWS. I am not going to lie and say it was easy, but I learned so much about myself, and Aventa counsellors, residential & group, were very supportive and gave me the tools to help me better myself. Also having NA and AA speakers to come in and tell us their stories of their lives helped me in ways, I never thought possible, The journey has been hard but well worth it. I am grateful to Aventa for helping me to work my program, and to give me the one thing I never had ... HOPE!



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I had an amazing time here Aventa Changed my life, my family, my daughters life. It made me see why I am the way I am. I made changes I never thought I could. I now love & believe in myself. I am so grateful and so proud. Thank-You to all Aventa Staff. I am blessed to know all of you !!

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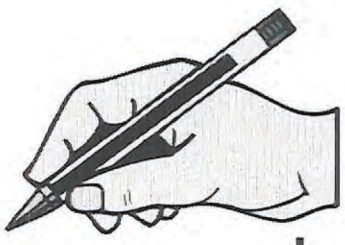

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I found Aventa very confusing in the beginning, because of all the rules, but as I stayed, I found every rule had its purpose

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I'm 28 years old and struggled alot w alcohol → drugs.
My life was unmanagable and was at my lowest for numerous times.
Coming to Aventa has changed my self → my personality
I enjoyed Aventa and how much I felt at home.

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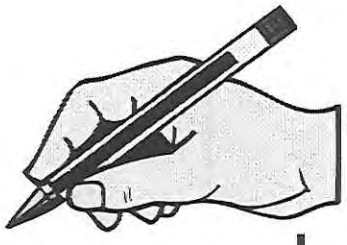

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When I first came to phase III I did the 1st round without telling my whole story. In the 2nd go around I was stronger and became more willing to go further into my story with support and understanding.

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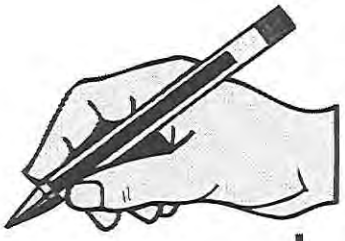

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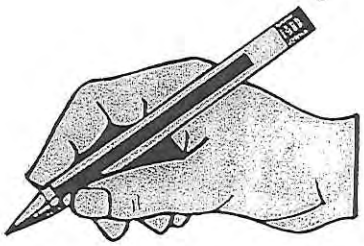
This is my second home @ aventa. Just do your best to be open to the process. Be patient healing over years of use doesn't happen over night. Acceptance is a key to our recovery. Good luck -Reiki



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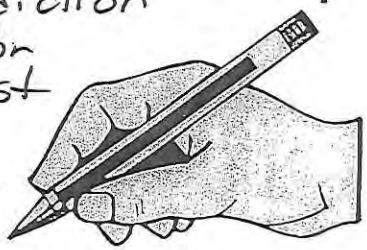
I ~~had~~ have an addiction for 12 years. My life became so unmanageable that I could not ~~hold down~~ sustain employment, which resulted in consistant homelessness. Depression, suicide, self loathing, and confusion took a hold of me. I am not weak willed nor lack determination, but sobriety was not working. Sobriety, I have learned, is just the first step. What I needed was the support and understanding of my peers. What I needed was to change my entire method of thinking, changing my entire lifestyle, mentality, and responses. I now understand that this would provide me with the tools I need to stay clean and sober. I have learned to be happy and laugh again. I have learned to love life and just appreciate being alive. I have met other addiction sufferers whom I will be close to for the rest of my life. For the first time in my life, I have hope. I cannot say I will be clean forever, but just for today, I am.



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