Aventa
Addiction Treatment for Women

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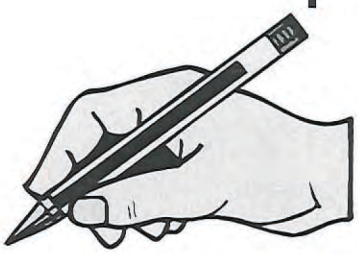
There were so many years I suffered with addiction. After a great loss of my first love and 16 month old son Tyler everything in my life spiraled out of control. I put myself through so much in my addiction that the numbing of all my pain became too much to cope with. I ended up in prison for a 2 year sentence. When I was granted parole, one of my conditions was to attend Aventa Treatment Centre. I absolutely believe with all my heart that my Higher Power put me in their care and granted me the great gift of recovery. I am now an alumni of Phase II & III. I have been gifted with so many great things in my life, such as [redacted], honest friendships, great supports, a life without worry, and a 4 year old to be a role model for. Because of Aventa I am thankful for this gift of life.



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07/22/2012

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

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

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My name is [redacted] and I'm a Grateful Recovering Addict of all Kinds. Aventa has been a crucial part to my healing journey. Through the in-depth programming and self-study I was able to let go of alot of the weight I'd been carrying for years. I feel lighter, more open and I've got my groove back - I guess you could say I've found or rediscovered my inner child and I want to live life again. As scary as it is I ~~now~~ have the tools and I believe in myself, have confidence and feel like I deserve this thanks to my experience at Aventa. ~~Thank~~ My sincerest gratitude goes to the staff at Aventa

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Thank you for my Recovery.

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Aventa helped change my life. I would not have been able to focuss on recovery and recovery only any other way. The phase 3 program is amazing the counsellors are very compassionate and helpful. The idea of living in a safe place yet still being able to go out in the real world helped me grow. I managed to kick my marijuana habit that I would not of been able to with out being @ the residential place. Now I have the strength to face the real world and hope. I also have tools they taught me and

I also learnt alot about myself and my addiction Now that I understand my issues they are easier to accept and I move on. I would recomend Aventa to anyone who wished to have a better life!

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07/16/2012

I just have one thing left to do and that is willing to do what it takes now & continue my journey being positive, helpful, willing & not taking anything for granted.

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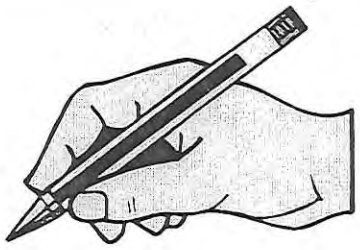
New doors have been open, ones that I did not expect to. Thank you so much for this opportunity, I'll forever be thankful!



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It is hard to believe that 5 months ago, I was sitting in a hospital with another suicide attempt and no will to live. I had given up. Of course I refused to believe that I had an addiction nor that it had anything to do with my lifestyle; I have 2 degrees and was living in my car. I was also close minded and defiant which fueled my denial. I went to detox and ended up 5 days clean, the first time in my life. My body was tense, my mind muddled, my emotions were in turmoil. I felt like a lost child, crying often. I completed Aventa phase 2 but knew I needed further treatment stemming from a 13 year addiction. I am now writing this at Aventa phase 3 house. I have 5 months sober, an apartment waiting for me, a wonderful sponsor, and female friends whom I have grown close to and will remain close for the rest of my life. I have never had female friendship and companionship before, but their love and support have brought me to new heights. Aventa has truly saved my life. Today, I enjoy living with all the coincidences and quirks it holds. I have learned to form healthy boundaries, speak assertively, and love myself. I now believe I am worth it. With my smudging, meditation and prayer, I have returned to my spirituality and gain great guidance from the Creator. I have cried and laughed heartily to tears. I have learned that I am worth something and that I have a purpose greater than can be imagined. I can honestly say that I am happy & love myself. I enjoy attending meetings from NA, AA, which give me the hope, aspiration and will to trudge on in pride as well as humility.

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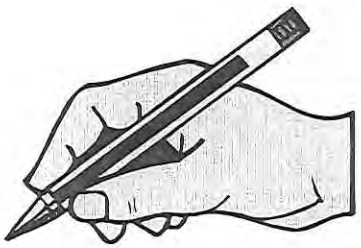
Aventa was a positive experience which allowed me to reconnect with my true self, inner child and higher power.



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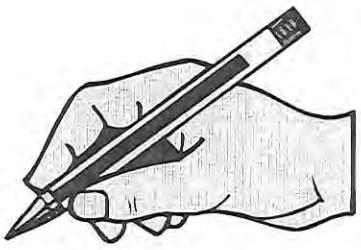
Aventa was a great experience which helped me to learn alot about myself and see myself in a more positive light. I am grateful to have been part of the program.



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