Aventa
Addiction Treatment for Women

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

Your testimonials are vital in helping other women who may be struggling with an addiction seek help. Your testimonial also educates the public about addictions and about the services available to women. If you would NOT like your testimonial to be used in Aventa publications, please check mark the box below. Note that only first names will be used. Testimonials not used in publications will be used as feedback to Aventa staff, to help improve our programs. Thank you.

For years I wanted to stop using drugs. Too long I lived for the party. Crime, prostitution, feelings of hopelessness and despare. I always said there was never enough drink or drug to heal the hurt in my heart. The unconditional love of my children finally gave me the courage to ask for help. I came to Aventa Skeptical, hard hearted and not knowing how my life would change. I found understanding, support, self awareness and the ability to live without mood altering substances. I am truly grateful for having had this experience and will carry it throughout my life!

☐ **Please use my testimonial as feedback only. Do not use in any publications.**

ENTERED 11/20/2012

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

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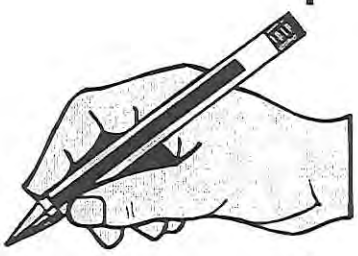
The Y.A.T. program at Aventa was amazing. ~~It blew my mind~~ The staff were fantastic, and very beneficial in my recovery. They have helped me get my recovery off to an excellent start. I can't thank ~~them~~ Aventa enough for what the program has done for me. It was the best decision of my life to come to Aventa, ~~and~~ so thank you to every one ~~at~~ at Aventa who has helped me to realize that my life is worthwhile, and that being clean, and sober is the greatest feeling in the world.

~~Thanks~~ - Thanks again.



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RECEIVED
11/09/2012

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I have never felt so truly empowered, It's the most amazing feeling I've had in my life To know, feel and realize that I have the power to meet my needs. To let go of my self-doubts and fear has opened to the door for so much personal growth, self-awareness, self-acceptance and especially forgiveness. forgiveness comes from within for self- it's internal – What a blessed release from my past that has carried much shame and guilt. A relieving release - total inner freedom - I realize and accept I am responsible for me, my thoughts and my behaviors. I can't fix no one, I don't have to. I can only "fix" me. I am worth the attention, the devotion and self respect to meet my needs daily. I am a Unique Worthy Woman [redacted]

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My Stay at Aventa was inspiring + I'm so glad I chose to come here. I lernt so much about my self and my addiction. The staff at Aventa were all inspiring and so kind and helpful.

I found it hard to be away from my family and friends. There were so many times that I wanted to go home and not deal with my emotions and past abuse, but I'm so glad I stayed and dealt with everything that was bothering me. I feel like a new woman and glad to be apart of Aventa. A great full Recovering Addict: [redacted]

Stay strong and true.

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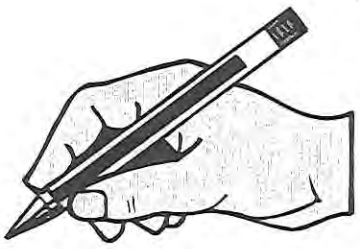
Aventa really helped open me up and deal and understand my addiction. I am grateful for this experience and so happy and looking forward to a sober future life



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ENTERED 11/18/2012

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The Aventa Treatment Program has assisted me in discovering myself and how to overcome my addiction. The education, knowledge and awareness will guide me in the recovery process and I will continue to use my binder as a guide and a tool. I realize it is okay to be selfish, it is okay to love myself, it is okay to want the best for myself and that it's okay to love myself. I feel happy & hopeful leaving here and I have made some good friends here; this experience will not be forgotten ~~and~~ but I do not want to repeat the program so I will simply have to not repeat the addiction!

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void checkmark

ENTERED 11/21/2012

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