



"THANKS FOR THE INCREDIBLE WEEKEND.  
YOU'VE CHANGED MY LIFE."

# Grace's

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## STORY

*The Sanctuary didn't solve everything,  
but it helped Grace reconnect with  
herself, and that changed everything.*



[womenshealingsanctuary.com.au](https://womenshealingsanctuary.com.au)

Grace\* didn't know what she was looking for when she arrived at Women's Healing Sanctuary, just that life had felt heavy for a long time. The peaceful setting, quiet pace, and simple comforts gave her space to breathe and think only about herself for once.

She thought it would be all about group connection but quickly realised everyone was on their own journey. There was comfort in that quiet understanding. No pressure, just space.

Midway through the weekend, something cracked open. During one of the creative sessions, strong emotions came to the surface - unexpected and overwhelming. She took time alone, letting it move through her in whatever way it needed to. It was raw, but it was real.

After that, everything felt different. Through gentle movement, rest, and reflection, she left feeling lighter. Not with all the answers, but with clarity she hadn't had in years.

Since then, Grace has kept writing, talking, and slowly rebuilding.

*\*Name changed*



For women like Grace, Women's Healing Sanctuary is more than just a retreat. It's a lifeline, a space where they can find peace and restoration. But not every woman can afford this kind of healing.

To make a difference in the lives of women in distress, **donate today.**

