



Joy's

STORY

*The endless days and nights of caring
for my children, juggling their needs,
and just holding everything together
had left me drained in ways
I didn't even understand.*



womenshealingsanctuary.com.au

Joy* was gifted the opportunity to stay at Women's Healing Sanctuary after years of trauma and abuse. Her initial reaction wasn't excitement or relief—it was guilt, embarrassment and hesitation. She questioned whether she was even worthy of such a gift.

The moment she drove through the gates everything shifted. The weight she had been carrying began to lift and she was finally able to rest, something that had felt impossible for so long.

The freedom to simply exist, without demands or expectations, was transformative for Joy.

"I immediately felt a sense of calm, safety, and warmth. I was overwhelmed with gratitude to have time to sleep, to swim in the beautiful pool, and enjoy delicious, healthy meals without having to cook or clean.

This stay allowed me to feel like I deserved peace and rest. The quiet, the alone time—it was everything I needed."

*Name changed



For women like Joy, 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.**

