



our mission

We inspire hope in women who were sexually abused as children or adolescents by providing healing services through retreats, survivor communities, and online resources.

FINDING HOPE SUPPORT GROUPS

We have developed peer-led support groups that have three priorities in mind: Safety, Community and Education. Gathering with other survivors in a safe environment to share support can significantly contribute to the healing journey. For information on finding a group to attend or in starting a group in your community, visit findinghope.org.

THE HAVEN RETREAT

The four-day retreat focuses on activities that increase the likelihood of healing from the trauma of childhood sexual abuse. While many activities are in a group setting (8-12 women) with other adult female survivors of childhood sexual abuse, participants also have personal time to reflect and rejuvenate.

Any adult woman who was sexually abused at or before age 18 is eligible to attend The Haven Retreat. Also, participants must be able to safely live in a social environment for four days with a group of other survivors and abstain from drugs and alcohol without significant withdrawals.

Due to the generosity of our founders and donors, survivors attend The Haven Retreat for free. Participants are responsible for travel to and from pick-up locations in the Salt Lake City or Atlanta area. All food, lodging, and services are provided free of charge.

“

I AM SO APPRECIATIVE OF THE OPPORTUNITY TO PARTICIPATE IN THE RETREAT! . . .
I FEEL LIKE I AM 100% CAPABLE OF LIVING THE LIFE I DESERVE.

”

- Tina, Survivor and Retreat Participant -