



Friends Helping Friends

Testimonials from Haven Bursary Fund Recipients



Dear Haven Foundation,

Thank you for providing me with a bursary to attend the Phase One program (July 5-August 1, 2009). Without this help, I would not have been able to attend. I challenged myself with the program's curriculum, and, more importantly, opened myself to make connections with other people. I value this experience greatly, and feel positive knowing there are people making these opportunities possible.

Thank you
Warmly,

P. M.
Phase I, 2009

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Haven has brought me to a place where I can see things in a shinier way. Thank you so much!

”

With warmth,
A. C.

Disengaging Depression

“ There is a place where I can be at peace and find mine. Thanks again see you next year. ”

J. R.



I am so happy I got to come to Haven because I got to be a cow and all my lines were "Moo."

“

I am so grateful to the Haven in supporting me with their financial aid program. At this time in my life I am very much benefitting from the teachings at the Haven, and if it were not for the bursary program, I would not have been able to attend courses at the Haven. Thank you to all those who have contributed funds to the Haven's Bursary Fund.

”

Best,

M.G.

Phase 1, 2010

the hav

Dear Foundation Supporters,

I want you to know how blessed our family was this past summer to receive financial support through the Haven Foundation.

Many years ago I attended several courses at Haven and similar to many people, the course of my life was altered for the better. Like many parents, I wish to offer my children all of the blessings in life that are helpful and healing.

My children had a rough early start in life and I hope that their hurts can heal and thereby prevent unnecessary adult issues.

Long story short, through the generous gifts of Foundation Supporters, I was able to bring my children to Haven for a therapeutic week of Dance and Games. The week ended with a delightful performance of Guys and Dolls during which I laughed cried and felt the universal kind of parental pride that builds in ones chest.

My children still talk spontaneously about their week on Gabriola and their many insights, activities and learnings.

I am aware that there are many families who are able to travel each year to Mexico and/or Disneyland with their children. For our family, "Haven" is our Disneyland experience. The memories, the photos, the friends and the feelings are all cherished.

I hope one day, that I too, am in a financial position to contribute and support others to attend Haven programs.

From the bottom of my heart, thank you for making this week possible for my family. Please know that your gifts are appreciated and truly do reach people who need and benefit from the programs.

From a very grateful and appreciative parent,

Kids in the Spotlight, 2005

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I arrived on Gabriola Island exhausted physically, mentally and emotionally with no idea where to turn and what to do. My time at The Haven gave tools to deal and much needed time away and I am so grateful to everyone there. I go forward with a smile.

”

Thank you,

**C.C.
Come Alive**

I gained a deep understanding and appreciation for humanity at Come Alive! that healed me in ways I could not have imagined possible. I experienced the ability to accept myself and others and stay connected in almost any state of being. There can be no hiding of any state of me. That is what isolates. I am who I am. We are who we are, and so much more when we are not hiding, when we can connect. The ripples of change in my life that are resulting from my experiences are epic. Thanks to everyone who has been able to contribute to the bursary program. This is one of the greatest gifts I have ever received.

Come Alive
February 2010

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I have carried this experience of myself into my post Come Alive life, and I am seeing a powerful ripple effect. I notice that I am drawing people into my life who encourage and expect me to live into my fullest, most authentic self and I am finding more and more ways to do that on a daily basis. My gratitude for the financial aid that enabled me to take this course is enormous. I hope so much that I will one day be financially stable enough to offer that possibility to others who need similar assistance. Many thanks to the donors who gave of their resources to enable me to have this experience.

T.Y.

Come Alive, 2009

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I now have fulfillment and meaningful relationships in my life since leaving The Haven. I am forever grateful for this opportunity, one I will never forget. And I have promised myself to take Come Alive on an on-going basis.

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**C.F.
Come Alive, 2004**

the haven

Dear Rose,

It seems a long time ago that I was on Gabriola Island taking part with others, in a life changing exercise. And yet it was scarcely two months ago. Our world continues to spin seemingly even faster. My experience in my chosen program of: Anger Boundaries and Safety, has allowed me to see clearly with new eyes, the role of different people in my behaviour pattern makeup.

Without the help of the bursary program at the Haven, I would have said no to the long journey back across our country, to a province which had captured my heart 4 years ago. I will be forever thankful and wish to share true gratitude to all those enrolled with me in this program as well as three facilitators. It became much more easy to move forward in a group setting with others leading the way such that too led the way in some chapters.

Thank you again from the depths of my soul!

Sincerely,

J.O.

Anger Boundaries and Safety, 2009

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I am grateful to “The Haven” for funding my stay so that I could attend Phase One. I believe that I gained many things it help me in my life.

By attending, I discovered that people are people and we all have things in common. All Haven staff are kind, caring and compassionate. I believe that “The Haven” can and will benefit all those that attend.

”

**R.G.
Phase I, 2009**

the haven

Connecting became a reality because of the Haven Foundations financial aid program. I was ready for a deeper level of connecting because I was tired of isolating myself.

I participated in two courses which gave me so much. I benefited part from their communication model and the breathing exercises. During the Come Alive, I actually came alive, expressing myself more fully. During the Phase I was given more time and opportunity to bond with others in a deep heart way, relationships that will last. I was encouraged to explore my edges and was reminded that I was in control.

Being a witness to other people's experiences was greatly humbling and profound it helped me to see that I am not alone.

For anyone interested and ready to explore deeper connection, transformation and integration, I highly recommend the Haven.

The Haven is a place to give birth to, engage in, to permit, to find refuge and harbour.

S.G.H.
Phase I, 2009

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This year at Haven I learned how to make friends and I learned about bubbles. Now I know bubbles grow and shrink and if someone bugs me too much I can go somewhere different.

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I have heard a few people toss around the phrase “Life Changing”, when referring to events in their life. I had never experienced anything so inspirational until I arrived at the Haven. From the moment I arrived until I stepped off the property it was a Haven, a safe place to explore me without judgment and criticism.

”

K.S.

Come Alive, 2009

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I hope more and more kids can come to Haven because then they could have fun too and learn stuff like warm and cold feelings. Next year I hope I can come back and I hope I can be a spot-lighter. Thank you for letting us come to Haven oh, and I forgot to say I love the swimming pool too.

”

F.D Age 13

Kids in the Spotlight, 2007

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Dear Rose, Haven staff and Friends,

Thank you for inviting me to Haven as a bursary recipient and for making a difference in my life.

When I applied for the program, I was confused about how I would proceed with 2009. I felt unloved and unconnected. Six days at Haven has changed that.

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**U.R.
Come Alive, 2009**

the hav

Dear Haven Foundation Donors,
c/o: Rose

I recently completed a Come Alive at the Haven which was made possible by the Haven Foundation. I am very grateful that I was able to attend this course as it has helped to clarify who I am and where I am going at a difficult point in my life. In five short days I learned a tremendous amount and how to be more present in my own life.

Within the safety of the Come Alive circle I was able to connect with and release my suppressed anger. It has been an amazing gift to move that energy block-one which I did not even realize I had.

I have also been given the tools of the communication model and breathing. These are both things that had been presented to me in different formats at different times, but never had they truly made sense to me in the way they did at the Haven. Suddenly I could see (and feel) their value. Remembering to breathe has helped me to actually feel my way into my problems instead of intellectualizing them.

The communication model has been a gift to my relationship. The model (in addition to the fact that I am now much more aware of what issues are mine, which are my partner's) has been a tremendous benefit to my primary relationship. The connection my partner and I have is on a different and deeper level than it was in the past. I have a greater appreciation for my partner as an individual.

The instructors, interns, and fellow participants were all such amazing people-they enriched my life. Seeing my fellow participants "Come Alive" spurred me to take my own risks and practice and learn as they were. It was a great group that I feel privileged to have been a part of.

Thank you,

K.K.
Come Alive 2009

Dear Haven Foundation:

I would like to thank you for providing me with the opportunity to take the Effective Boundaries before. Initially, I had some concerns about how I would handle an experiential course. But everyone was so supportive, right from the start to the very end. Also, as a writer I really appreciated the peace and quiet and “time away.”

Once again, thanks and my best wishes to all the people at The Haven.
Yours,

C.B.
Effective Boundaries, 2008

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Dear Enlightened Philanthropist

Words feel trite to express my overwhelming gratitude and appreciation for all that I have received. To my awe and wonder, I applied and was granted a full bursary to attend Come Alive in May 2008 and an 80% bursary for Phase 1 in July 2008 from the Haven Foundation. THANK YOU!!!

”

J.M.
Come Alive and Phase I, 2009

Letter of Support

I recently attended a Come Alive course at The Haven Institute; this awesome experience was made possible through the financial support of a bursary. This experience provided me the opportunity to investigate my whole life in a caring and safe environment. Though I enjoyed the entirety of the course and met wonderful people; I especially benefited from the extended meditations. It was quite amazing to me the amount of unconscious knowledge from my childhood that was brought to the surface of awareness and how significant this awareness is for me. I feel much gratitude and warmth towards the Haven Institute and its remarkable staff. I sincerely want to thank everyone who supported me in my endeavour to Come Alive and encouraged me to take a deep breath from my belly recall that life is not going to start sometime in the future: the moment now is to relax, breath, look around me and be alive.

Thank you,
J.B.
Come Alive

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Thanks for listening so well-
It was very nice of you! I was
quite resistant when I first
came in, not only to the idea
of the bursary, but even
to attendance at a course,
however much I needed it-
so thanks, Rose, for good
listening!

”

D.

To All Haven Lovers,
I am so happy, proud and moved to be part of the club.
I was fortunate enough to participate in a Come Alive in
August 2006 and DID I EVER! Thanks to a bursary I met a
soul mate I never knew I had, and discovered a new breath
and a new life. I want to extend the warmest love and
appreciation for this gift. Being at Haven, and BEING NOW
has started ripples in myself, my friends and my family.
Special thanks to Gill, Morag and the bursary committee,
all staff, contributors and friends as well as Judy Hancock
and John.
A havenite for Life...

Sincerely,
L.E.
Come Alive, 2006



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I feel grateful that I was given a chance to participate even though I could not have afforded to pay for it fully. Now I know for sure, that every cent I can save will go towards future courses at Haven. I thank you all again for your help of making it possible for me to come to Haven.

”

Come Alive Participant, 2009

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the haven

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