

**To Whom It May Concern:**

**My first experience taking the five day "Beauty From Ashes" program took place in January 2015. It started as my supervisor sending me to a training program to help with our new program which would be running at least four times per year, and that I would be one of the leaders during the small group sessions. Well...let me tell you, I was never expecting such an important experience that would impact my life forever. I went through many healing modalities of the course of many years. Nothing was more impactful to me, to this degree.**

**When we reviewed the abuse definitions in the manual I never would have believed that I had experienced so many of these abuses. They were in my mind "The Norms" of the times as a child of abuse. My father was extremely abusive. He would take his rages out on us as a family (mother, siblings and I), so I viewed and experienced firsthand what domestic violence is, what physical abuse is, what emotional abuse is etc. As a child I was never given the opportunity to express my feelings.**

**My husband and my children were impacted by my lack of communication skills. I used to stuff all my anger and hurts away and not say anything. Because of the domestic violence I experienced as a child I said to myself, "I would never put my children through that." However, children are not stupid. They know when things are not flowing well in a family even if words are never spoken. Since I have taken the "Beauty From Ashes" Program several times now and at least four ALET training, I have changed my communication techniques. I am learning to respond to others more assertively.**

**I don't take people's attitudes as personally anymore. I know they have a story behind their attitude. I know exactly how it feels when someone uses aggression when responding to an issue and it only creates more distance, and nothing gets resolved. As a group leader for the BFA in our community, it has helped a great deal with the proper communication skills I have received.**

**I've come to understand how the thorns of abuse impact one's life long after it has occurred. It will continue until it is addressed. "Beauty From Ashes" is a program that sets the stage for an individual to accomplish such a task. I would highly recommend people take this program.**

**Mligwetch**