

Testimonials

“My experiences on ROL [Rae of Light Havens] retreat have changed my life in the most beautiful ways. The retreat experience both enables me as a survivor and inspires me with my advocacy. Not only do I feel that I experienced elements of healing there, but I formed bonds that will remain forever. When survivors are together, it is powerful how we can naturally support one another in a way that no one else can.” (Anonymous)

“With this experience, Rae of Light [Havens] gives a chance to an individual to hold on to what is good and allows the trauma to be a trauma in your life not a life of trauma.” (Anonymous)



“Thank you [Rae of Light Havens] for having the ability to reach out to the ones that are hurting in the hopes of giving them, at the very least or even for just a weekend, a little glimpse of happiness and self-worth.” (Anonymous)



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HAVENS

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RAE OF LIGHT
HAVENS



**Providing Havens for Survivors
of Sexual Violence**

www.ROLHavens.org

What is Rae of Light Havens?

Rae of Light Havens is an Ottawa based, registered non-profit organization that has been in operation since June, 2013. Rae of Light Havens was founded after the loss of our niece Rehtaeh Parsons.

Helping other sexual assault and/or abuse survivors in a truly authentic way became important for us to honor Rehtaeh's memory. Rehtaeh spent time at a family cottage the summer before she passed away where she was able to experience moments of freedom and laughter so pure we can still hear it ringing through the trees.



What We Do

Rae of Light Havens provides **free** short term cottage stays to survivors of sexual assault and/or abuse along with their loved ones. We also periodically offer retreats for small groups of survivors.

Who Can Apply

Anyone who has experienced sexual assault and/or abuse within their lifetime can apply.

Cottages

Our havens offer survivors a place to be surrounded by the healing forces of nature and a chance to experience rest and relaxation. Our confidential service provides both week-long and weekend stays at a cottage that will suit not only the survivor's needs but the needs of their loved ones, allowing everyone stay together in comfort.

If you are interested in staying at one of our cottages all you have to do is fill out a short application form that is available on our website, return it to us and we will start the process. You can also email us requesting a form and we will gladly send one to you.

This application form is available on our website under "Havens; Stay at a Haven"

Do you know a survivor who would benefit from a cottage stay but doesn't know how to start the process? Simply fill out an application form and we will reach out as per your instructions.

This application form is available on our website under "Havens; Refer Someone"



Retreats

Rae of Light Havens offers retreats periodically throughout the year where small groups of survivors gather together over a two day period to share stories and friendship. We provide all meals and restorative activities when available.



Please email us if you are interested in attending a retreat or visit our website where you will find information about any up-coming retreats.

This application form is available on our website under "Retreats; Stay at a Retreat"

Donate a Cottage

If you have a cottage and would like to share it with survivors of sexual assault and/or abuse please email us and we will begin the application process to ensure that the experience is seamless for both yourself, as the cottage owner, and the survivor.

This application form is available on our website under "Donate; Donate a Haven"