

City Life also offers other classes:

- ◆ Love & Logic—Parenting
- ◆ Personal Freedom—for victims of domestic violence
- ◆ Who I Am—self-esteem
- ◆ Boundaries
- ◆ REAP—financial planning

Additional services include:

- ◆ Victim advocacy
- ◆ Mentoring
- ◆ Court advocacy
- ◆ Referrals
- ◆ City Pantry—food boxes

Come and check out

*City Boutique*

A “Thrifty” Store

*City Life*

1648 N Washington  
Emmett ID 83617  
208.365.1615

Email:

fleda@citylifeinc.com

Office hours:

Mon—Thursday 9 am to 4:30 pm

**24 Hour Emergency Number**  
**208.870.5532**  
**208.870.7414**

**Free from  
The Past**



Living With Purpose & Dignity

*A class*

*For adults*

*Victimized*

*As children*

*City Life*

1648 N Washington  
Emmett ID 83617  
208.365.1615

## *Ending the Abusive Power of the Past - Finding Healing Power for the Future*

*Free From the Past is a faith-based program for adults who were molested as children. We utilize parts of a curriculum called Survivor to Thrive along with other resources.*

*Our goal is to cut off the power the abuse has exercised in our lives and to be free, healed, and whole.*

*We do not promote any church or faith other than Christianity. We do not require that you pray or read the Bible. There is, however, Scripture in the materials we use for the class.*

*The class can be one-to-one or group.*



*Call City Life:*

*208.870.7414*

*24 hours a day*

*An advocate is available to  
Help you.*

*The choice to confront childhood abuse is not an easy one. It may seem easier to simply ignore the past. However, there are some things which happen to us in life that simply cannot be fixed by ignoring them. One of those things is childhood sexual abuse.*

*If you are and adult considering confronting what happened to you as a child, it is probably because you have found that the past is affecting the present and the future in a very negative way.*

*The idea of confronting past abuse has nothing to do with re-living what took place. Instead, it has everything to do with cutting off the power someone else tried to exercise in your life.*

*Why would we want to live our entire lives under the power and control of another person? Of course, we wouldn't.*