

Seek Sanctuary from stress

IF you were about to lose your marriage and your kids, would they be worth the price of a new luxury car?

This is the price of staying in an exclusive, discreet wellness program based in Byron Bay that deals with many business people so stressed they are facing family break-up.

At the cost of about \$35,000 per week for an average of four weeks, it seems like a lot of money.

But Cremorne solicitor Jeff Cosgrove says it's worth every cent, purely from a financial aspect.

"Most property settlements I handle result in a wife with dependents getting 80 per cent of the assets," he said.

"Let's say four weeks at \$35,000 of treatment versus 80 per cent of your assets.

"You do the maths."

The program is called The Sanctuary and clients are housed anonymously in private, luxury, beachside rentals without ever connecting with

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—Cremorne solicitor Jeff Cosgrove

anyone else, making it ideal for high-profile people.

Psychologist and head clinician Jane Williams said The Sanctuary offered multi-disciplinary support (including psychological, physical and nutritional advice) over about four weeks.

"Most people that come to us don't need a psychiatric hospital and don't want medication. They are just exhausted, overwhelmed and feel that they can no longer cope."

Stress breakdowns and chronic pain were typical problems, however Jane said The Sanctuary was dealing with a changing clientele.

» Details: sanctuarybb.com or call 6639 8888



Sanctuary founder and owner Michael Goldberg and therapist Tamara.

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Counsellor, psychotherapist







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