

*Good afternoon Ladies:*

*My Name is Ann. I am very proud to be here today. I am a single mom with two kids...I have had a very interesting journey.*

*In Oct 2006 I felt I was hitting rock bottom when I consulted the Community Outreach Worker, at Canadian Mental Health Association. I had no self esteem, no self confidence, didn't know how to set my boundaries, didn't feel worthy, and worried about what everyone had to say about me.*

*In just a short few months I have grown and become a woman who loves who she is and loves who I am becoming. I know I am worthy. I know that I'm a great mom and love being on my own. No one else can make you happy, but you. But, I always thought someone else had to fulfill me, or make me happy, but now I know it comes from within, And we as people can only do that ourselves, we all make choices in our lives, some right, some wrong., some are mistakes, but as long as we take responsibility for our actions and learn from our mistakes it makes us better people. You have the power to create what you want in your lives. So you need to focus on what you really want.*

*I lost my mom at the age of 15, raised my sister who was 6 at the time, took over the role of a mother, wife and sister, at a very young age. I never knew who I was, at age 22 I got pregnant at 23 I got married and took on all the same roles. My marriage wasn't what I thought or hoped it would be. I never had or gave the respect, or communication it took to make it work. I went to counseling, but I always thought it was me .."what's wrong with me?" Later I found out my husband cheated more than once, we then separated. When I found that I had not much of a support system, no family support and the friends I thought I had were, no longer friends. I was basically on my own except for a couple of friends who love me no matter what. What I realize is that if you change nothing, nothing will change, I am not saying I'm perfect now or have a perfect life, I still have bumps in the road and I am continuing to learn, but I have self confidence and self esteem and I know that I am worthy and I am very proud of who I am today: No matter our journeys or our difficulties in life as long as we love ourselves for who we are that's all that matters. Our life force is our connection to our passion, our vitality when it burns brightly, we have the energy, the strength and the confidence to meet our daily obligations and to pursue our dreams.*

*Thank You.*

*Ann*