

CMHA Mail Box:

Hope

Not knowing my destination, I caught the next bus out of town. I knew I was on my own at that point, as my family wouldn't support my decision. I decided to go south, as far as I could. I didn't have a plan – I just knew I had to start over. I wanted a life free of violence. I ended up in Creston, where I learned about the Transition House in Cranbrook. So I made our final destination here. The ladies at the house helped me get on my feet and I settled in Cranbrook and made myself a home for my family. I gained control of my life for the first time, and what a good life I have. I'm happy and violence free. I enjoy the mountains, but most of all, I belong to a positive group of friends and now I'm complete.

Anonymous, Cranbrook