

Thank God for the Community Assistance Program, without whose help I sincerely doubt I would be in the position I am right now. When I first walked in to the program, I was suicidal, depressed and filled with anxiety. I was terrified of almost any situation, even walking in to a gas station. Although I still experience anxiety somewhat, it is nowhere near the scale it was close to a year ago. My counselor made sure I had support funds to get to my volunteer placement twice a week and she supported my efforts. She was in fact a cheerleader for me. Volunteering really helped me to break out of my shell, and the follow up with my counselor was invaluable. I now feel comfortable enough to move back to the lower mainland to pursue employment. I rarely think of suicide anymore and am able to deal with social situations I wouldn't have dreamt of a few short months ago. Of course I credit myself, but it would be remiss not to include the Community Assistance Program and of course my counselor.

Thank you.....Fred