

CMHA Mail Box:

Affordable Housing

From August 2003 until July 2004, I was a resident at Canadian Mental Health Association for the Kootenays' Sonja's Garden town-homes in Cranbrook. I wanted to write and express my appreciation to your Association for providing such a basic and fundamental need as affordable housing.

I am a single mother with three of my four children living with me. I am also a full time Nursing student, and over the last year I attended the program at College of the Rockies. I have since moved to the lower mainland to complete my degree at BCIT.

Living at Sonja's Garden last year made it financially possible for me to continue my education. Because of my educational aspirations, my life and the lives of my children will be different in the future than what they have been. Research shows that it is the amount of post secondary education that the mother has that determines how much education her children will pursue. I want you to know that in my life your association has played a huge part in my success. I want to say thank you to the Association's Housing Administrator for all her help, hard work, and long hours. The success of Sonja's Garden is very much a reflection of her dedication to provide something better for people like me. Thank you also to Association's Building Maintenance man, for his prompt and thorough response to any problems.

Since moving from Cranbrook, I have been offered housing through Kinsmen Garden Estates, and although I just moved here, I will be moving again shortly into the affordable housing offered by the Kinsmen. I plan to live there for about two years, and then I will have my full Nursing Degree, and I will then be in a position to give back to society. There are many people who want to change their lives, who want to get out of their present situation and reach for something more. It is organizations such as yours that offer a boost up. Thank you.

Sincerely,

Nancy

**Do you have a story to share about a CMHA branch, program or resource?
Email Mind Matters at mindmatters@cmha.bc.ca.**