



*R. C says . . .*

Over the months I've learned some amazing things that I've never heard or thought of. Such as the Generational System. I didn't even know it {behaviors} can be passed down. Also, the bridges that I have to cross to change my life that leads to a new chapter in life.

The ways that you taught your class was and is meaningful to me. I've learned to accept and let go of my past that was haunting me. I have also learned to cope in better ways.

I thought I've never opened up like this before in a short time. You have shown me how to take challenges to the extreme and also to self-advocate. Now that I know how to do that, I can open up a can of whoop ass (excuse my language). But I know I can put the skills in use somewhere down the line, especially in the hard situations.

You inspired me, you made me belong somewhere in my hard life and see that I can be generous, but I need to say no once in a while too.

*thank you*