

To Whom It May Concern,

I have had the opportunity to attend the Healing Americas Heroes Womens program twice. This program was very beneficial to me. It provided me with a sense of positive self respect and showed me that I can be a positive contributor to others in the same position that I am. Through the interaction with the guest speakers, the fly fishing program and the horse therapy, I learned that the things that happened to me were not my fault and I do not have to keep blaming myself for them. I was also blessed to be around other women veterans who have gone through experiences and be able to talk about those experiences and not be judged. I was also able to learn how to relax, mediate and be at peace.

The Healing Americas Heroes has been very instrumental in my life and the lives of the other Women Veterans that have become my friends and confidants. Thru this program I feel that I am able to trust others without any judgement.

Thank you for all that you have done for me and I hope that this program continues to help many other veterans who suffer from PTSD.

Pearl Reyes