

A Note of Thanks - to a YWCA Counsellor

“I just wanted to tell you how grateful I am to have met you. You have helped me in so many ways, I feel as though I owe you a huge thank you. Before I met you I was in such turmoil and distress over the loss of Jesse and about the way I had been living my life. With your help I have been able to move past all of my insecurities and anger into a much brighter, happier life. When I was going through my self-hatred because of the bad stuff I had done in the past you said something that helped me immensely:

“The person you were yesterday doesn’t determine the person you are today.”

You made me feel comfortable with who I am. You taught me that it’s okay to cry and be angry. You showed me that I am worth something and that I am capable of doing anything. You’ve inspired me to want to help others and thanks to your encouragement I am doing that, and I will continue to grow and be happy. Thank you.

- A Counselling Centre Client

P.S: Thank you for the journal; my first entry was about you and your help.”

