

## Women's Voices!!

I really appreciate the opportunity to access the free counseling. My financial barriers limited the resources I could find in the community.

(My counsellor) taught me how to rely on myself while being nearby to know it was safe. She helped guide me and gave me tools that really work. I will have these skills forever now. Keep up the great work!

My counselors made me think a lot and made me answer some of my own questions instead of them telling me what I wanted to hear. I had to figure my stuff out...this is a good environment for women.

Ongoing support is vital to healing. Just knowing this place is here has a calming effect on me. I also really enjoyed the group classes and workshops.

Since I started at the FGWRC my life has become more full. As a result of counseling I have been able to set healthy boundaries with my family. I have a healthy relationship with my daughter...I am planning to go to the U of M next September to study as a full time student – I haven't been in school for 22 years! I am now a volunteer in the community with women and children.

Without (the counseling group) I would not have had the coping skills to live my life today.

I feel more confident to manage stress both in my personal and professional life.

My interpersonal skills and relationships have improved. I am sleeping better now, I feel calmer. I now know when I face stress, I have skills to survive and care for myself. Please continue to give and support! FGWRC impacted my life – I am a stronger person for it!

I do not feel I am a slave to my destructive coping methods anymore. I am not afraid to sit with some feelings as I was before. I am more aware of my needs and the choices I can make to fill them.

I've gently changed myself in small ways and found delight in great changes around me. I am more comfortable in my skin and in my life. I am thankful for what you do here and have directed others here.

I feel more empowered to express what I feel. I learned a lot of positive coping skills and realize that more self care is definitely needed in my life.

I have a lot more direction and hope for a happier life. I know now I can make positive changes if I work on them.