

How Kids First Helped me

They have help me to realize that I can do
and be whatever I want and that nothing is
wrong with me, because of the abuse. And
Beth has really helped me realize that I
~~can~~ can move on, past this. And she
has helped me to overcome this, and
get past it. And get some closure. And
has helped me know how to get
other people to understand how I
feel. And not just keep everything
bottled up inside.

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- When I first came in, I was so depressed. I wasn't even myself. Therapy to ~~put~~ me was just advice on how to handle my life. It changed my mind once I started coming. I was able to express whatever I was feeling, tell her how my day went. And she was always able to help me. I cried a few times just knowing that I had a friend who was there for me with advice. Today I feel strong about myself. I'm ready to climb a mountain and achieve my goals I have set for myself.

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7/17/12

K shares her feelings more often
She is able to handle her anger with
out violence

She understands that she didn't do
anything to deserve what happened.

I see her getting along with other
kids better than before etc

~~There is more~~

She seems to be more comfortable in
her life

Not as timid, speaks up for
herself

Volunteers instead of shying
away from events.

July 17, 2012