

Recovery

Dear ~~Drug~~ Coast Team,

I just wanted to add in a personal letter as well as my relapse prevention plan to personally thank each one of you for first of all ^{I just wanted} believing that people can change, and then also believing in me, even when I didn't believe in myself. I was taught from an early age not to trust anybody, especially with authority.

I know now that's not the truth. I now teach my children to not hide who we are or what we've been thru so that they have a chance at a better life and they can accept help when needed and not be ashamed or scared. I hope I can break the cycle that I lived and my mother, and my grandmother lived.

This is all thanks to this program, where everybody actually cares about people and gives us a chance at a new life even when we thought our lives can never change. I am so grateful to have had a chance to be apart of this and to see the drastic changes in my life in such a short period of time is nothing short of a miracle. Even when I messed up and was good, and messed up again everybody made me feel ok, made me feel like that doesn't mean it's going to be like that forever, and you were right because now I'm here with more time sober than I've ever had in my ~~life~~ life and everyday ~~so~~ just gets easier to see the big picture of great life can really be and ^{thru} it's never too late.

So again thank you so much for helping me become the person I am today and for not giving up on people, there will always be someone who needs this program and all of us here today are proof of that.

Sincerely