

I thought I could handle it, I thought I could just move on, I thought I was ok.....until I wasn't.

Without the services and resources provided by ARCC I'm not sure I would still be here to share my experience and help recognize them for the service they have provided our community for the last 20 years. Although I was surviving, I was not thriving, I was not me, I did not know who me was, I was going through the motions, not knowing what I was missing, not realizing how my actions and reactions were not normal. *I thought I could handle it, I thought I could just move on, I thought I was ok....until I wasn't.* To look behind at the road I had travelled was too painful, too shameful; to look ahead it seemed there was no road, no path of any kind to follow; it was a dark time, an emotional time, such a confusing time. ARCC is helping me look at the road travelled, heal from that journey and prepare to continue on, this was not a dead end, but a detour. Thanks to their resources and great counselling I am learning about me, I am starting to experience the great things life has to offer, **I'm going to be ok.** *Walking through their doors for the first time was one of the hardest things I have ever done, and through the journey I am traveling with them, likely the most important one I'll ever embark on, walking out those doors for the last time will be just as difficult .*

Angie Kirk