

I have thought a lot about what I would like to say and how to actually put into words my feelings towards the ARCC staff. I feel a great deal of gratitude towards these women which makes it that much harder to summarize my thoughts in a few measly words. I will certainly try my best. I was first introduced to ARCC in 2009 when I was experiencing a lot of personal turmoil over the demise of my marriage. As I'm sure anyone who has gone through marital difficulties can attest to, this in and of itself is stressful. However, the reasons for the demise are why I really required ARCC's assistance. Unfortunately, I was in an abusive relationship that over time had certainly skewed my views on marriage and more importantly how I viewed myself. I look back on this time and I hardly recognize the person I had become, constantly trying to validate myself and prove my worth to someone whose only intent was to diminish my value. This process does not happen overnight but over several years. You have moments of good but they are overshadowed by the underlying destruction and negativity.

The ARCC staff worked very patiently with me to understand what needed to change, why I had allowed myself to be treated this way and how I needed to make said changes. This is in no means a male bashing environment but rather a safe place of acceptance and peace, no judgement. It is a place where you can bare all and in doing so can really understand the why behind your own choices and behaviors. You are welcomed when you walk in, the patience is never ending, the clarity is enlightening and the sense of humour is refreshing.

Everyone seeks love, compassion and respect but sometimes it's good to be reminded that we deserve all of these things. I would like to personally thank the ARCC team for helping me change my life for the better, there are not enough words..... Past Client