

*During that time in my life, if you would have asked any of my girlfriends, they would have told you that I was a very strong woman. I was always wise in the advice I gave, always reminding them to be true to themselves. What I didn't see coming was that I would ultimately be the one needing support and guidance. I had found myself in a dangerous relationship and I was lost. My family, friends, and coworkers were worried about me. The day I walked into the ARCC office, I was fragile and vulnerable with my self-esteem in my boots. ARCC provided me with the tools that allowed me to find the insight that I had lost. Once I gained my insight back, it was like rediscovering myself, my values and what my own identity was. It wasn't necessarily easy or painless, this self- reflection. Through months of journaling and soul searching, with the staff at ARCC advice and direction, I learned the skills to look inside myself and find what it was that I needed to make my own incredible journey. It has been a truly amazing adventure and I will forever be indebted to ARCC for showing me my own inner value. Past client*