

May 11, 2014

To the Facilitators, Board Members and all Employees of Round Lake Treatment Centre:

Thank you all for helping me with my journey on the Red Road to freedom. On May 15<sup>th</sup> I will celebrate 18 months clean. On May 17<sup>th</sup> I will celebrate one year of not smoking cigarettes. On May 24<sup>th</sup> I will celebrate my son living with me and out of MCFD care, with the help of some good friends, for a period of 11 months. I have separated from my son's mother and am a single parent. I cooperate with weekly visitation.

My self esteem has improved, I love myself and can look at myself and appreciate my well balanced life. Respect for me has grown in my community. My physical well being has remained the same. I have improved myself by not abusing tobacco, but eat too much and carry extra weight.

I am still self employed and keep busy with all the aspects of that along with volunteering in my community. I attend N.A./A.A. meetings and have regular counselling services (weekly) but due to a work commitment and my son's baseball and soccer this will decrease.

My cultural and spiritual ceremonies have been regular but may also decrease due to other commitments. Prayer at the start and end of each day, and when necessary, will not change.

I pray my words help you to continue helping people to heal, grow, become free from addictions and lead a balanced life. The work you do at Round Lake is continuous and the benefits to all men, women and children, along with their communities is immeasurable. Thank you, keep up the good work.

From a healthy, happy client.