



## THE PHP PROGRAM

When I first came to PHP I didn't know what to expect.

I was broken, lost, hopeless, sad and upset.

You guys welcomed me with open arms.

You made me feel safe, secure and right at home.

So my anxieties and fears of the unknown were gone.

Two weeks ago I was confused and didn't know which way was up.

Two weeks later my mind is clear with the desire to never give up.

The groups, resources, coping skills, and grounding skills have made me a better person.

I am strong, beautiful, and capable with a passion and a purpose.

Thank you guys for being my friend.

For allowing me to put those negative thoughts and feelings into the trash bin.

You guys don't realize how significant and important you are in our eyes.

You absolutely have given me the willpower to strive.

You guys helped me turn my situation around.

You helped me place my feet on solid ground.

It's going to take some time for me to heal but at least I can say "I'm still here!"

Sometimes I wonder how I've made it this far.

I realize now it was through the grace of God.

Only God knows his plan for my life.

I just have to hold on, be strong and do what's right.

This is my story, my journey, my testimony, my life.

My grounding skills will sooth me through those dark and gloomy nights.

I will turn into a twinkle star, blink twice and sleep tight.

Dream about the PHP my safe place where I'm alright.

I will wake up in the morning with a smile upon my face.

The courage to move forward and say it's going to be a great day!

