

I am grateful for being in this course! Winnie is a compassionate leader who put in so much effort and time for each person, especially for me as I'm not fluent in Cantonese. I felt understood by Winnie and the other people in my group which helped me feel a sense of community, clarity and seeing things from a different perspective. When I heard others speak, I was able to relate to some of their experiences and I didn't feel as alone in my experiences. Feedback was also supportive for growth. I've learned to accept myself and receive help from those who offer. I did so today because God sent more caring people my way, and I didn't reject their love and kindness to support me in the hospital and during recovery. I've also learned to not waste my energy on those who aren't willing to be supportive, but to focus on those who truly care. I now have less fear and feel more confident about overcoming destructive family patterns/challenges. Most importantly, I'm able to experience God's presence more! Thank you! Maria US