

Veronica Bock



**I'm a
champion!**



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The official youth center
of the YMAA
YMAA

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My name is Veronica (Frog clan, Nakazdi Band). I am writing to you today to let everyone know how much of the YMCA of Prince George has become a major factor in the transformation of my life. I am very grateful to all the people who work and volunteer at the YMCA for their kindness and support during the first few visits, it kept me coming back.

When I first began to come to the YMCA my self-esteem was very low and it had been a very long time since I was in a supportive and healthy setting. I am a recovering addict/alcoholic and I spent years in addiction, overcome by depression, guilt, shame, blame and disconnection to healthy and supportive environments and people. After many attempts and failures at recovery I knew I needed to change everything about me. The main thing I needed to change was my perception of myself in all areas (mentally, physically, emotionally and spiritually). An old friend of mine who has been in recovery for over five years shared with me that she got a YMCA pass and began to go daily for self-care and self-discovery, I listened and did the same for myself. I have been going great ever since, committed and accepting myself more and more on a daily basis.

At first it took me over three weeks to walk through the doors and finally I did and it felt great. The people are great and the atmosphere is healing. I have tried various classes and most of the machines and I love the Sauna. I am so grateful for my friend for letting me know about the healing powers you can achieve at the YMCA and for the staff and volunteers as well. I am changing my life for the better on a daily basis, physically, mentally, emotionally and spiritually and the YMCA plays a major part in my transformation.

THANK YOU ALL FOR YOUR WORDS OF WISDOM AND WORDS OF KINDNESS. BOTH GO SOOOOO FAR IN MY LIFE AND SHALL FLOW THROUGH ME TO OTHERS IN THE COMMUNITY!

With love and gratitude,

Veronica

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