

To Whom It May Concern,

I am a young mother of an extremely active 3 year old boy. My husband and I have been married for 5 years. For the last 3 years, I have struggled with mental illness ranging from post-partum psychosis and depression to post-traumatic stress disorder influenced by elevated symptoms of borderline personality disorder. In addition, I have struggled with post-partum chronic pain and major back problems, which has also hindered my ability to thrive in life. I have sought treatment through a variety of methods including medication and trauma-specific therapy. I have learned new skills to cope with these issues such as deep breathing, deep muscle relaxation, how to use essential oils for aromatherapy, grounding techniques, and so much more.

Recently, I came into contact with New Life Individual and Family Services so that I may benefit from the services that they offer. My goal as a client of New Life IFS is to gain independence and to thrive in life. Through this relationship, I hope to complete case management as well as life skills classes. To do this, I will need financial assistance to cover the cost of services that New Life IFS provides. I have created a t-shirt via boosters.com that is being sold at \$20 per t-shirt. I am also in the process of working with New Life IFS and Texas Workforce Commission so that I may find suitable employment given that I have some mental and physical health issues that require aid. Finding employment has been especially difficult given that I am in a graduate program with Liberty University Online to become a licensed professional counselor. In order to have a more balanced life, we recently downsized in housing so that we may be able to better afford the assistance that I need to thrive in life.

I want to problem solve and be as solution focused as possible so that I can figure out a way to do things for myself and my family, all I am asking for is assistance to help make that possible.

Sincerely,

Client of New Life IFS