

## How I Found Myself

Three years ago I was suffering from a deep depression. Fortunately one of my sons took me to a counselor who connected me with a self help group for depression.

After a few months I discovered that I had a natural talent for putting smiles on the faces of others; kind of a quirky sense of humor. Another thing I discovered about myself was that I possess some strong leadership qualities.

By attending this group on a weekly basis and listening to other's problems and stories and offering the occasional suggestion, it sometimes is possible to make a positive difference in other's and my own life. It is a good feeling.

In our group, we socialize, we laugh, we cry, we learn, and we bond. I no longer feel like the odd person out. These are people that I trust, admire, and deeply care about.

It is such a bonus that this community employs so many giving people to help the lonely and trouble people. I give so much thanks to the kind woman that runs our group; she knows who I mean.

Thank you for helping me break out of my cocoon and become a monarch butterfly; I am free.