

## K-W Counselling Services Testimonials

These testimonials from former clients and community members allow you to see first-hand the positive impact our services.

### Marriage Counselling

*We would like to take this opportunity to thank you for your counselling. When we first started coming in last summer for marriage counselling, we both felt that our marriage was beyond repair. We were battling almost every day, and some of our confrontations were getting violent. Each time we came in contact with family we ended up fighting. Work situations are/were playing a major role in our problems as well.*

*We feel that without your services we probably would have filed for divorce. The techniques you provided us with for fighting, listening, and observing are working very well. We feel we now have a better understanding of each other, and can identify with where the rage was coming from. We both seem to have more control.*

*The family problems are still there but since going to counselling their impact on us has lessened; we see family matters differently now. They are not as important as they were before and don't impact our relationship as they did. We are able to take control of the situations instead of the situations taking control of us and how we react to each other. We are turning to each other for support instead of turning against each other.*

*We have both experienced work problems, that at the time seemed very severe, however, you have helped us to see that work is not as important as our marriage and home life is. The problems are still there, but our approach to how we react to them and how we let them affect us has changed in a very positive way.*

*We now feel we are heading in the right direction. We still have our arguments, but the rage is gone and the severity is much less. Our home life and relationship has improved greatly and we feel we have been given a second chance at it.*

*Again, thank you for your services and we look forward to continuing.*

*Sincerely,*

*Anonymous*

### Substance Abuse

*"K-W Counselling has seen me through a very traumatic time where I could have been hospitalized. I have been able to work through my problems, which I would have otherwise looked to medication for. I am far more stable than when I started counselling, and I am better*

able to work with others. I'm not finished yet, but I am always learning new skills for dealing with real life and its challenges."

Anonymous

### **Family Counselling**

"I was at my lowest at the time of our counselling. I honestly could not see the light at the end of the tunnel. My daughter and I constantly fought over her father (my ex-husband). She blamed me for everything. Her father would drink and drive with my children in the car. His answer was for me to mind my own business. Even though my daughter knew of the problem, she still wanted to go. She said that she wanted to take the risk.

Our counsellor has helped us to understand how the other feels. Our counsellor has made my daughter understand why I had to make the decision that I made, and for me to understand that this was her father, and that no matter how I feel, she will always love him.

On a scale of one to ten, we have gone from a zero to eight, and I firmly believe that without counselling we would never have gotten this far.

My daughter has learned to deal with her anger better, therefore she has made friends and has started a social life with those friends. She has re-joined the sports program at school, and is overall a happy child again.

If we can continue with this progress, I feel that my daughter can offer a great deal to both the school and the community."

Anonymous

### **Bereavement and Loss**

"I had several problems that led me to seek counselling. One was the murder of my sister in Newfoundland. Another was splitting up with my common-law partner, money problems and parenting issues. Through extensive counselling, I am now capable of pulling myself out of difficult situations. I can stop myself from thinking irrationally, and sort out my problems and solve them, or at least put them in perspective. If I had not sought counselling, I believe that I would have lost my child, due to the fact that I would have been emotionally and mentally unstable and would not have been able to give my child the guidance and love that he deserves."

Anonymous

### **Abusive Relationships**

"I was involved in an abusive relationship (mentally and physically) for five years. I didn't like myself or anybody else, and I had a very negative attitude towards everyone, including myself. I was very confused as to why I was allowing what was happening to me. I was at the point where I didn't care if I lived or died, but having two small children at home made me have to do

*something positive. If it wasn't for my counselling, I would still be just existing, instead of living. I understand myself to the point where my whole life isn't as negative as I once thought. I can break down problems and more often find solutions to them, or at least be able to deal with them. Most of all, I like myself and respect my feelings. By liking myself, things just don't seem as bad as they once seemed. I have a much more positive outlook, and for the first time in my life, I am in control of what happens to me and it feels so good that at times I feel as though my life just really started.*

*If I had not sought counselling, I'm sure that I would just forever allow people to abuse me and take advantage of me. They say that you can only go so low until you start coming up again, without any counselling I'm sure that I would have given a new definition to "so low", to look back on the way that I was, existing only. I allowed anything and everything to happen to me, letting people use me and take advantage of me, because I thought that was the way people showed that they cared for me. Had I kept feeling like that I can only believe that I would have raised my children to believing my beliefs at the time, which in turn would have given them the same way of life.*

*With counselling, I have learned so much about feelings and how to deal with them; it's made me not only a better person, but a better mother, sister, daughter and friend.*

*I have nothing but good things to say about the program, and knowing I'm not the only person with problems. I wish that everyone could benefit from therapy. To me, it saved my life, and gave me something to look forward to everyday; A New Beginning."*

*Anonymous*