

How has your time at Sunnyside been helpful?

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My stay at Sunnyside has allowed me the opportunity to identify my illness and many coping skills that would help me not to relapse. The staff is wonderful to work with.

The goal sheets allowed me to focus on different aspects of anger management and ways to better communicate with family and friends. I look forward to Sunnyside Board and Care being another stepping to my becoming self-sufficient and one day having my own ~~apartment~~ <sup>apartment</sup>. Leisure Management was wonderful. I learned ~~some~~ <sup>so</sup> many different ways to utilize my

"free" - uncommitted time. I plan to put these resources to use. Art Expression was great even though Tim is "no artist"! The actively assistants were wonderful Ken, Tamesha, Willie, Raymond and all the rest. The monthly team meetings kept me aware of my progress with additional input that enabled me to complete my steps as rapidly as I did. For the most part the interacting with other residents did not pose to much of a problem for me. Thank you Seaside Staff for all your support and encouragement.

