

March 19, 2014

To whomever this concerns,

Over the last four months I have attended the IMPACT program and it has helped me significantly. I have tackled many areas in my life that I had considered problematic during my therapy sessions. Now that I have been through these sessions I am able to solve problems on my own to minimize any depression or sadness in my life.

I am so thankful for this opportunity to participate in the IMPACT program. It helped me so much more than I expected it to. These days I feel transformed and ready to take any problem head on to beat any symptoms that may lead to depression.

Thank you!