

Wednesday January 30.2013

A List of benefits to me as a member of Cornerstone Clubhouse.

-Becoming more confident in things I can do.

-I now feel more comfortable in household chores

-As a member in the kitchen I feel more comfortable about chopping vegetables and preparing meals.

-With any problems you may have Cornerstone Clubhouse can help

-Life is becoming easier to handle and I can talk openly about how I feel I am not alone

All members and staff very welcoming

-Because we are all brain injured here we socialize in all matters and aspects of life.

- We talk about the good the bad and how to get through problems we are having in life.

- being brain injured is not a bad label we just need extra help to get us through the day.

-with the friendship and attention my recovery is going well and I feel I have purpose and potential.

I am proud I am strong I am Jackie.