

MY RECOVERY

Dec. 7, 2018

I was in the psych ward in 2008;
I abused anti histamines and didn't
feel great,
My dad died that year, hit crossing
the road.

In ~~my~~ my troubles I had to bear a heavy
load.

I've been coming to Kenneth Youngs PSR
for ten years;

It helps me with my anxiety and fears.

I needed Kenneth Youngs when I got
out of the hospital;

It was structure and kept my days full.

- Cynthia Ann Tidd