



February 2, 2023

To Whom It May Concern:

My Name is Crystal Thao. I am 21 years old and a young and single mother of 4. I met Rachel last year when I was getting evicted from my apartment. She helped me to find affordable housing and also helped me to get furniture from Bridging. I thought that after she helped me she would just move on but Rachel kept checking in on me and making sure my needs were being met. I am so thankful for her help because at one point I was very depressed and thought a lot about not being alive anymore. I went through a lot as a teenager and have a lot of traumas from my own family. I have no contact with my parents and siblings. I did not think I could trust anyone but Rachel encouraged me and helped me to see that I am valuable and also became a trusted adult in my life. I feel very comfortable telling Rachel my hardships because I know she does not judge me even though I might feel like I did something stupid, she will always try to understand me. She has also showed me that there are lots of help available to me. She helped me enroll into beauty school and helped me find a part time job. I also referred a friend to her because I trust her. Programs like this really help us young people and especially for young people who cannot afford to pay for therapy.

Sincerely,

*Crystal Thao*

Crystal Thao

YouthMove! Program