

## *What our clients say about us...*

*I have been impacted in a positive way by my experience at CFN. I actually look forward to the group meetings. I participate, listen, and grow there. We are a group of women helping each other and expressing our concerns and flaws in a safe environment. Personally it has made me a better person and I pray for the women I've met. We are dynamic.*

*I'm learning more about me and what it takes not to act upon things like I normally would. Even though I slip up I have found myself walking away at other times. It's nice to know people actually do care. So thank you.*

*I have been able to apply what I have learned in my own household. I take in what we discuss in class and use it in the situation that is necessary. Thanks.*

*CFN has helped me a lot in my daily life, made me a more positive person.*

*I've really learned a lot. I'm staying calm easier. I can talk about things without getting upset so fast. I really like it here and they are really helpful. They also listen very well when I need to talk about something that's on my mind.*

*I think the group has helped me accept responsibility for my violent actions. Before group the idea of being violent was so taboo, I always placed blame on others involved as opposed to myself. Being with others in the same situation made me feel comfortable admitting that I was accountable for my own violent actions.*

*I had a positive experience; everything I learned helps me in my life positively. I have more control over myself and my actions.*

*I enjoy learning about myself and it's because of this program that I'm able to express myself and not be judged. I feel very blessed to be apart of these classes and to be very much respected by all staff!*