

## Current HART Client 2024

Before I entered HART's transitional housing I was living in my car. It was very difficult. I couldn't shower or sleep well. My car is small, and so there wasn't room to stretch out. My knees would hit the steering wheel. But I was grateful to have a car with heated seats and not be outside in the cold.

Being in HART's transitional housing program has been great. I feel so much better. Every day I am so thankful to have a bed, shower and a kitchen. This is the first time an organization hasn't been a dead end for me. I was working when I was homeless which was very hard. But now, I'm safe and protected. Honestly, HART is a very good supportive program. I'm blessed to be cared for. The program has made a big difference in my life. I have hope for the future. Step by step, change is happening. HART's case manager and program manager are very kind, good people. They are working with me to get my medical issues taken care of. I saw a GI doctor. On 11/18, I have an appointment with a primary care doctor who is highly recommended. My case manager helped me switch my medical coverage to Kaiser so all my appointments are in the same place. Also, HART helped me step out of my comfort zone. The program director encouraged me to volunteer in the community, and I really am enjoying it.

Volunteering in the community and giving to others makes me feel good about myself. I like to give it back. I'm learning that I do matter. I do have self-worth. My anxiety is better, and I've overcome a lot. I've learned that it's important to take a moment to pause and think about all the positive things you have and be grateful for all good things. I'm on a list for low-cost housing and will have to wait for an opening. But that's ok. I'm more relaxed, happier, and calmer. I'm walking and enjoying the fresh air and have lost 20 pounds. I've learned to keep trying and never give up.