



Arianna's Heart Strength

What, over the past year at RFLB, has helped you gain strength in your journey to get where you are today?

The first thing that helped me gain strength was stable housing. This provided much needed space and independence that gave me a lot of time with myself to get more grounded. That helped me begin to think through my goals and not just be in survival mode 24/7. It gave me a clear space to figure out who I am.

The next part of gaining strength in my life had everything to do with the connections I began to make at RFLB and the support system that I was able to develop through them. From my tutor Denise, to Love Inc. budgeting coaches, getting a Mentor, and a Peer Support Group, each connection has helped me in different ways.

Today I am working at RFLB as one of the first Youth Specialist Interns. I'm raising two very energetic boys and I started my own candle business. I'm continuing my education and in the future I hope to do more public speaking about my experience, foster care, and learning how to overcome our hard stories.