

September 12, 2011

To: Members of Momentum

This is to thank you for all the help and support I have received the past year. The past year has been a growing period for me as I made strides to attain skills to better enable myself in the job market. With the kind of understanding and consideration from the staff at Momentum, especially Angelina and Pedro, my mental health and belief in myself have improved.

The support in taking the practical courses at Mission College has been invaluable. I learned that I could expand my computer application skills. I learned that I could improve my ability to communicate and better express myself in a professional setting. Mostly, I have learned that I am not alone in this struggle to survive and strive in this world with or without a disability and illness. I have learned this with the support and friendship with Momentum.

For all the compassion and the admirable service you offer the community with those afflicted with illnesses like Bipolar, I am grateful as a recipient and commend you. I hope that Momentum continues to work with those who often lack the support they need and continue with the success as I have seen in this organization.

I offer special thanks to the staff in the staff that have been an inspiration in the plight of my illness.

Once again, thank you so much for everything. I hope that we continue to communicate and maintain a friendship in the future.

Sincerely,