

I was struggling to stay clean. I didn't have enough incentive to do much to change my life. I had been clean for 1 year but life was slow and uninteresting. I didn't have much inspiration, within, to learn or improve my life. Looking back now I realize this was a dangerously low point. I was immobile. Even though I was clean I saw work as a negative as I relied on being broke as a way of steering clear of substance abuse. My inner strength needed building up.

CAP II provided the inspiration and this is where an agency can make a difference. I recognize I had made a major achievement in becoming clean but benefiting from the resources, the inspiration, the motivation of my worker and the practical assistance such as enabling me to attend the course in writing a business plan really moved me forward. My perception changed. During the workshops I was challenged to look at life differently. This changed my attitude.

CAP II has taught me about the value of knowledge itself for example the knowledge of services available to me. There were two bi-products as a result of being on the business writing course. I learned to use a computer and now feel confident enough in Windows to be able to help beginners. I also discovered a love of writing which has taken me to the Humanities Department at UBC where I am now a student on a writing course. I have student status while on campus and it feels great.

Coming to S.U.C.C.E.S.S. was like a window opening up to the rest of my life. And just like the Windows program, one thing has led to another.