

To Amanda, Hannah, Andrea!

I'd like to say right from the start.

A great big "THANK YOU" with all my heart.

Before this course "The Incredible Years"

My days were full of dread and tears,

I couldn't understand why days were long.

I couldn't understand what was wrong.

No self esteem, I was always stressed,

I felt so low, and so depressed.

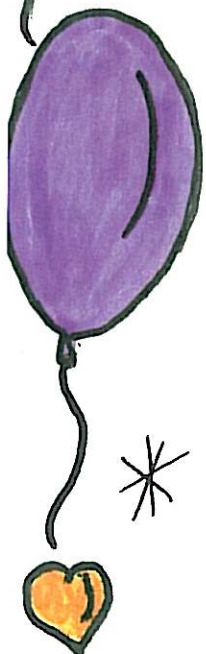
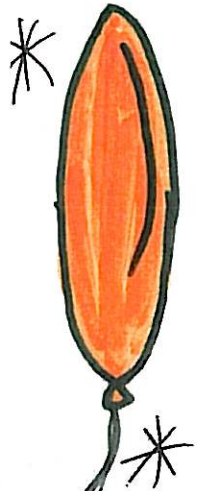
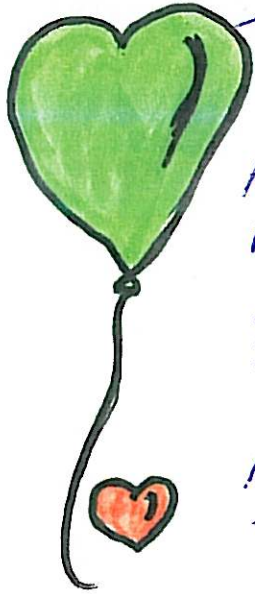
But now I've been shown the right way.

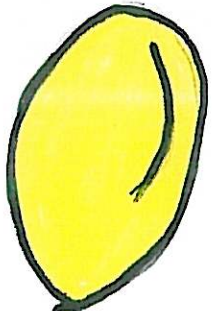
My kids now listen to what I say.

They see me different from before.

I'm me again, I'm mum once more

My family really ain't that mad.





They respect me now. it can't be bad.

They understand and listen too.

And its all because, because of you

Sent with love
and thanks forever more!

Som. + family x x

