

Rosalyn's Story

"I've been coming to BHcare for about eight years. My life has been filled with many ups and downs. I grew up in the foster system after my mom had a breakdown and my father couldn't care for me. I lived in eight different homes. I was withdrawn and didn't know how to interact with people.

My adulthood has been filled with unhealthy relationships. I was married twice and have three children. I lost my first husband, divorced the second and had a bad experience with father of my third child, which caused me to lose custody of my son. There were many other many traumatic events like being evicted from my home and living on the streets. These past experiences have caused me to suffer from depression, anger, anxiety and panic attacks.

BHcare has helped me come to terms with my problems and shortcomings. I have learned ways to manage my anger and have developed better social skills by attending the social club. I meet with my case manager once a week and she helps me with things like coordinating my medical appointments. The staff really care about helping you in any way that they can. My life has improved significantly since I found BHcare."

~ Rosalyn

