

04/10/18

My name is Angela Studer and I came to ARC seeking help for my drug addiction. My choice of drug was opiates and i've been struggling with my addiction for about two years altogether.

I heard of ARC through a good friend of mine who came and got help for himself. I did some research of my own online and found myself walking through the front doors the next day.

Since i've been here, i've learned so much about myself and also how to deal with some of my problems. I never realized the importance of "Coping skills", how effective they are.

One of my major issues is dealing with my PTSD. Anytime im having a rough day, or stressed out about something, i've always resorted to using. I've used my PTSD as an excuse to myself to get high before I decided to seek help for it.

Coming here to ARC has probably been one of the best choices i've ever made for myself. I really enjoyed all the classes and meetings i've participated in. There has not been anything i've needed that I could not find help with whether it was help from the staff, or help from my peers.

I love the atmospher of this place. I love that I can be myself, and feel totally comfortable! My life has been so

completely different since i've been here.  
I believe my life has done a complete three  
sixty and it definitely feels Great!

Not everyday has been perfect, but I  
love that there is always someone willing  
to take the time to listen and help any  
way they can. I'm so appreciative of this  
program and everything the ARC has helped  
me with the past few months.

I think the program here is amazing  
and would definitely reccomend this place  
to another loved one for help.