## Ever since 7<sup>th</sup> grade, the School Based Health Center has been there for me, guiding me in the right direction

The SBHC staff was always there for me through tough times and issues with home, school, and social life.

If it wasn't for the SBHC, I wouldn't have met the people who taught me the most important life lessons.

The SBHC social worker taught me how to build relationships with people, communicate my problems, and manage my stress. He also taught me that school is important, and I should never give up.

I have really matured a lot under his guidance.

The nurse practitioners were also of great support to me.

They have inspired me so greatly that I am now studying to become a registered nurse.

The SBHC, and its staff, made me feel at home, comfortable, and safe.

I always know that if I have a problem, the SBHC is there to help.

I am a much stronger and confident person because of the SBHC.