



LIVE · GROW · SUCCEED  
REDUCING POVERTY.

## Counseling

Northwest Family Services' Counseling Department provides professional counseling to individuals, couples, and families in the areas of: Depression, Anxiety, Grief, Parenting, Trauma, Eating Disorders, Post-Traumatic Stress, and Pregnancy Loss.

### Untitled

When I was fifteen..  
No worries, no problems.  
I was a carefree teen.  
Fall yellow leaves filled the street.  
When I turned fifteen.

One day my life changed when I was fifteen.  
June came and soon it would be my due date.  
My body and mind changed.  
Bad vibes destroyed the perspective I had of myself.  
October came, now I was 16.  
January came, and so did this insane pain.  
My daughter was going to be born.  
When I turned 16.

Depression, tears, hate, sadness ruled my life.  
Tears that didn't come out in the past were bursting  
out in present day.  
Hate turned into rage.  
Sadness was all that I felt.  
An intense urge to spend the rest of my life in a cage.  
Not seeing anyone.  
When I was 16.

When you came into my life.  
I knew I needed your help.  
You were going to help me.  
You were going to help heal my emotional wounds.  
I was afraid of being a weak mom.  
I wanted to show my baby strength.  
I wanted to show her happiness.  
How was that going to be possible,  
When her mom was badly hurt emotionally?  
Scars were badly bleeding.  
I would show a smile, but inside I was crying.

When I was 16.

After many months of speaking to you.  
I spoke more.  
I smiled.  
I looked pretty.  
I felt confident.  
No more put downs.  
No more of him making me feel less.  
No more of getting taken for granted.  
No more. No more.  
When I was 17.

Feeling liberated, after being in a cage for 2.5  
years.  
He was the center of my world.  
But I wasn't the center of his.  
It was never going to work.  
He was never going to change.  
I wanted a man. Not a child.  
I wanted someone mature.  
I wanted someone to love me. Not insult me.  
I wanted true, not fake.  
When I was 17.

My mindset is fifteen.  
I feel like I am fifteen.  
My life changed when I was fifteen.  
A lot happened at the age of fifteen.  
I have to catch up to my age mentally.  
No one will ever understand.  
When I was fifteen.  
I had no worries, no problems.  
I was a carefree teen.  
Yellow leaves filled the street,  
When I turned fifteen. ♡

"Thank you for helping me. I will always be thankful for you. You help me see things in a different perspective. Thank you so much." Ximena G.