

Dear FDAC Parent,

I have only one thing to say to anybody considering doing the FDAC process and that's do it! 100% it'll be the best, most positive and productive thing you could ever do!

Before I started this I was at rock bottom, I was suicidal, depressed every day, anxious and doing more drugs than you'd believe!

It was impossible for social services to make contact with me as I couldn't stand them and associated them with previous bad experiences! I was in denial about my drug use and the effects it was having on me, my kids and our lives.

I'm so so glad and happy I said yes to FDAC, it's by far the best thing I have ever done! I'm completely clean and have been since starting, my kids are so much happier, my relationship with them is 10x better and improving everyday!

But I am not going to lie, be ready for one of the biggest, hardest battles of ya life. At times I've wanted to give up, thought I couldn't do it, really struggled with opening up to my emotions and talking about stuff that happened to me in the past, but I've kept going and proud to say I'm nearly done.

I'm happy, heathy, clean, positive and absolutely loving life!

My kids are doing brilliantly and most importantly, still in my care. We're looking forward to what our future will bring but I know it will be a fantastic, drug free one as a result of the work I've done through FDAC and the self help tools I've learn and collected along the way.

I wish you the best of luck and can't stress enough how glad and thankful you'll be once you've said yes and agree to work with them, you with NOT regret it!

All the best in your journey!

Remember you can do it! And you are worth it!

Love L!