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Mr. M. Ballard
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Dear Michael:

On behalf of the people who attended your "Stress, Risk and Change" Presentation in Madoc, I am giving you our thanks for sharing yourself and what you've learned.

As social workers, we often need to be reminded that our needs are important too and that "rescuing" someone else, especially at our expense is not helpful.

You have a comfortable, pleasant way of expressing your ideas and "live what you give". We highly recommend your presentations, workshops, etc. to any professionals in the helping field.

Sincerely,



Sandra Rea
Chairperson
Centre Hastings Support Network