

This tuesday afternoon group is my one and only chance throughout the week to connect with other residents in the building. I feel that the meetings are both productive and healthy for not only my mental state but also my spiritual wellbeing. I cannot stress enough the overwhelming positivity and the welcoming and open environment that this meeting brings to the building. It is a staple of my weekly schedule and if I miss a meeting I certainly regret it. There should be more meetings or groups like this in the building because the environment here is negative and the communication and overall morale of the residents here is poor to say the least. If there were more groups and programs available to residents that are as meaningful and fulfilling as the tuesday afternoon groups I believe that there will be a positive impact on not only the residents in the building, but in the community as well. Perhaps one day there will be more open and accessible groups and outlets for communication between people with mental health issues and addiction problems and those without. I believe that small steps like that can lead to lasting and positive effects in the community and to help bridge the gap between the average folks and those less privileged to lead to an end to ignorance and discrimination, this is an ambitious goal, but a worthy one that everybody needs.