

# Sarah

Our family left a very comfortable life in the Philippines (a third-world country) to seek a more secure future in a first-world country, Canada.

I struggled to adjust to life here. Back home I had a nanny who took care of me and here I suddenly had to do most things on my own. My parents were suddenly busy with house chores as laundry, cleaning and cooking which our household help back home would usually do. In such a short period of time a lot of things changed, and that's when everything started to get stressful. It was very overwhelming for all of us. My dad took on numerous jobs, at one point he even worked 3 because my mom had to stay home and take care of us. One right at 7:00 in the morning, one later in the evening and the last one from midnight till morning.

It always made me feel guilty that my parents worked this hard, all for us. There wasn't anything I could do either; after all I'm still only a kid. As time went on my family's financial situation worsened, although my dad was working his butt off. There was a lot of negative vibes in the house and often times it was very tense, and very hard to be there and support each other. We got used to not having a perfect life, and not doing things that the other kids could. We weren't spoiled like the other kids and we didn't expect presents for holidays, or eat dinner together every day. We were thankful for what we had and what we had was enough.

Around a year and a half ago something in me changed and I became a very sad, anxious person. It was a very hard time for me. I could go on about my problems but that's not important, what's important is my future (Which is already getting better.) My teacher noticed the changes in my personality and eventually the school hired a councilor. That councilor then recommended me to Catholic Family Services who then recommended my sister and I to MBFC.

When we got there, the volunteers were so incredibly kind and patient. We were very shy but we warmed up and started to loosen up around them. They provided me with the shopping spree of my dreams. The clothes I probably never would have had. It's amazing how the simplest things like an outfit can boost a girl's confidence so much. The volunteers treated us with such care and made us feel special.

After leaving MBFC, I got more compliments than I've ever had in my life. My self-esteem improved and I felt good about myself, in a way that I usually don't. There are no words to describe how thankful I am to have visited My Best Friends Closet. I left with a much-needed pair of sneakers, gym clothes, multiple fabulous outfits and a positive new perspective on life. The simplest things can inspire a girl to do big things. I am excited to see what my future holds, even though it sound cheesy...

