

Text Message
Dec 31, 2018, 10:06 PM

<https://youtu.be/T5sOh4gKPIg>

Jan 1, 2019, 3:50 PM

Hunter. Gabor mate is amazing I hope you feel more connected and less alone. We have so many people around us yet so often feel desperately alone because we can not be honest about the truth of our story. Even to ourselves. I am healing that pain today...a lil more each day so im not a prisoner to any addiction...you are not alone...i hear u and i understand your story...you matter! Call or text me anytime. Give coda and ACA a chance. Thats where i have healed in the deepest of ways. Look into emdr and internal family systems therapy! In confidence, nina m