To Whom It May Concern,

It is my pleasure to write a letter in support of the H.E.A.R.T.S groups. I am a former member of the H.E.A.R.T.S. group. I was involved in this group during high school while I attended Hillside High and continued to be a part of the group after graduating. The H.E.A.R.T.S group helped me reach my full potential in my high school education while helping me learn about school resources, assisting me in building better relationships with my teachers, and helping with subjects I struggled with. Having this extra help with my education allowed me to graduate in the top five of my class while also grading a year early.

H.E.A.R.T.S also comforted me during my hardships in my personal life and in my child’s life. Ms. brown aided with child care, my child’s personal needs, and our nutrition needs.

During our group sessions, we are taught about domestic violence, stress, education, our future goals, and taught how to achieve our “spark”. H.E.A.R.T.S groups is effective because the impact it has on my life now, and the change it inspired on my life in high school. I appreciate my high school for allowing the H.E.A.R.T.S groups to be a part of my curriculum and allowing Ms. Brown to help me in multiple ways.

In conclusion, I know the H.E.A.R.T.S. groups will continue to have an impact on many teen mothers in high school and it will continue to help them reach their “sparks”. I fully support the H.E.A.R.T.S group while knowing it is a positive way to face difficulties as teen mother, succeeding in high school, and paving the way for each mother’s future.

Sincerely,

Former H.E.A.R.T.S Member