

Prose by Valerie Fox
Former Greystone Hospital Patient and Peer

Broken

*First, the housing program
Then mental health supports
She needed more
She needed her children close
This wasn't to be
She worked part-time
She needed fulfillment
She started writing about schizophrenia
She never stopped
Schizophrenia had destroyed the life she had known
But it was also saving her in the end*

Some Thoughts...

*I will not avoid those different from me
I will try to make amends for past
wrongdoings
I will show kindness where none exists
I will give thanks for the good things
I have been blessed with
I will venture into the unknown to
bring hope
I will treat the gift of life with dignity
and respect
And finally, may I seek the joy of
peace and love.*

My Beloved Peers at Greystone: What I See in Your Faces

*I see politeness
I see trust
Courtesy
Kindness
I see potential
I see future Peers
I see challenges met
I see trust
I see struggles overcome
I see intelligence
I see the door closing after you leave
It is my hope you have learned well while here
Finally, may you not let your illness define you
You are so much more than your illness.*