

Subject: Thank you :)

Hi there,

My son David has been a regular at CJs for almost two years now. David is 9 years old and he has an anxiety disorder and he has also suffered from depression for approximately the last few months.

I wanted to write to you to make you aware of how important CJs has been for David during this challenging time in his life and specifically, how important his instructor has been for him.

David's depression has made it difficult for him to enjoy many of the activities that he normally loves and it's gotten to the point where he no longer enjoys spending time with his closest friends. In fact, we had to start homeschooling him in the fall because of the high level of stress and anxiety that he has been experiencing.

But despite his high anxiety and irritable mood, David has never wanted to miss a lesson at CJ's. In fact, his weekly lesson with his instructor is always among the highest points of his week in terms of his mood. And I need to point out here that David really dislikes being around non-family members at this time and your instructor is the only person he consistently chooses to spend time with outside of his immediate family. David genuinely always looks forward to his time at CJ's with his instructor.

Considering his instructors sensitive, calm and compassionate demeanor, it does not surprise me that he is the one person able to motivate David to put his challenges aside and to enjoy an activity that he loves. David is so sensitive right now that it is not uncommon for him to quickly and completely turn on a person or activity due to a trivial incident...yet his relationship with his instructor has grown stronger during his depression - an example of just how thoughtful and sensitive he constantly acts towards David. Because school was so anxiety-provoking for him, he currently experiences a lot of anxiety surrounding any kind of learning...if he is pushed too far he will resent it and quit and this could have easily happened with skateboarding instruction (as it's happened with some other activities). But his instructor knows the perfect amount to push David and he can also tell when David is very down and when he needs to take a different approach. While everything else in David's life has been challenging, skateboarding has been his main source of personal growth and relief from his mood during this time.

His instructor clearly has a deep intuition regarding how to handle this difficult situation. He has become such an important mentor in David's life...a mentor that goes beyond skateboarding. I've joked to my own friends that David gets a weekly therapy session along with his skateboarding session because of how he opens up to his instructor about his life (it is not uncommon for me to witness David blurting out the highs and lows of the past week the minute his weekly lesson starts). His instructor is the only person in David's life that he feels this open and comfortable with. It has given his father and I great relief to have his mentorship and positive influence in David's life during this time.

I am so thankful to have CJs and his instructor in David's life right now. You have truly created an amazing place for kids and found very special people to be part of it :)

So thank you and a HUGE thank you to your staff!

Sincerely,
Joyce