



KELLY SHEAFFER
LPN
Chester County
Prison

When I came to New Choices, I was : aimless, depressed, scared, and had no self esteem. I was a doormat with no boundaries and poor at communicating.

The New Choices Program gave me: hope, strength, courage, help with finances, friendship, motivation, and self worth. They provided me support and a solid rock to stand on with my own two feet.

Today I am: ecstatic to be alive! I am excited to see and experience all that life has yet to behold. I am eternally grateful to my friends at New Choices for being my rock and support throughout my journey!