



# Jane's Story

- I spent most of my adult life in and out of hospitals for depression and anxiety.
- When I was not in the hospital the only time I would leave my house was to go to my doctor appointments.
- My case manager at Norwalk Hospital referred me to Keystone's Community Living Center program to help me with my isolation.
- I started coming to program about once a week.
- I was able to socialize, make some new friends, and learn skills to help me cope with my mental illness.
- I gradually began coming more and more and now I go nearly everyday.
- After participating in several group outings I now regularly go out with new friends I made at Keystone and I volunteer twice a week at an animal hospital.

Thank you Keystone!  
Jane