



# If you can relate

Contact: Chris Roberts

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Address:

**3275 SE 95th St, Ocala, Ocala**

Price:

**Free**

Almost 3 years ago to the day I was in a bad place.....I had lost my mom a few months before. I was angry, confused, depressed, and eating up ALL of my feelings.

I was the mom who was "too tired" ....too tired to play, too tired to have fun, too tired to be in the moment. Just TIRED

Like move from the bed to the couch to go back to sleep tired! Pounding energy drinks just to feel normal for an hour tired.

I had even lost the joy of playing music and was just going through the motions of it.

My relationships with the people around me were struggling. I lashed out at everyone I loved and cared about. I was NOT pregnant in the first pic and my son was two!



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<https://tinyurl.com/24Vz2bp3>



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