

### **How did Lotus House assist you?**

When I was 18 years old, between 2012 and 2013, I graduated from high school while staying at Lotus House. Without their support, I don't think I would have made it. At the time, I was homeless with no place to go, and I was behind on my credits. Lotus House provided me with the tools I needed to succeed. They gave me a bus pass, helped me with tutoring for the classes I had to retake, and even offered to assist with prom, though I decided not to attend. One of the most impactful things they taught me was mindfulness. I participated in pilates at Lotus House and learned a lot about taking care of myself, both physically and mentally. Lotus House became a symbol of hope for me, especially in its mission to support underprivileged youth by offering them the resources they need to thrive independently. The greatest gifts Lotus House gave me were helping me graduate and teaching me about mindfulness and autonomy—how to show up for myself and take control of my future.

### **What did you do after you left Lotus House?**

I left Lotus House to join the military, specifically the Army, where I served four years. During my time in the Army, I gained a lot of life experience. After completing my service, I traveled and transitioned into a role as a behavioral health specialist in the reserves. This allowed me to receive specialized training in behavioral health. Later, I decided to pursue further education and used my GI Bill to attend school for social work. Though it took some time due to travel, internships, and relocations, I eventually earned my master's degree in social work.

### **What are some goals that you have for the future?**

My future goals include becoming a licensed clinical social worker and pursuing entrepreneurship. I aim to build a business focused on holistic empowerment and health. Specifically, I'd like to create a business centered around yoga, wellness, and a holistic approach to trauma and therapy.



**Mindy**

Lotus House Alumna  
Army Veteran  
Masters in Social Work