

# Mother's Day Present: "I Want to Be a Good Mom"

as told by Sheila, a Meta House graduate

When my mother died my drug use began. Before I knew it, the drugs had taken over - I had nowhere to live, and my children were hungry. Sometimes my sister would take care of them when I couldn't. I would visit, and they would cry and beg me to stay.

When I first got to Meta House and they told me about the process I was about to go through, the time and commitment it took, I thought, "Oh, I don't need this." I didn't think I had a problem. I was there because my brother had called the police when he found my children home alone. The district attorney said I had a choice - jail or treatment. I went to Meta House, and even though a part of me was angry, a bigger part of me said, "You do need this. If you leave now, then you can kiss your children and your life good-bye."

I made the decision to stay in Meta House's residential program that day and stayed for the next 14 months. I remember taking that first step in the door and finally feeling safe.

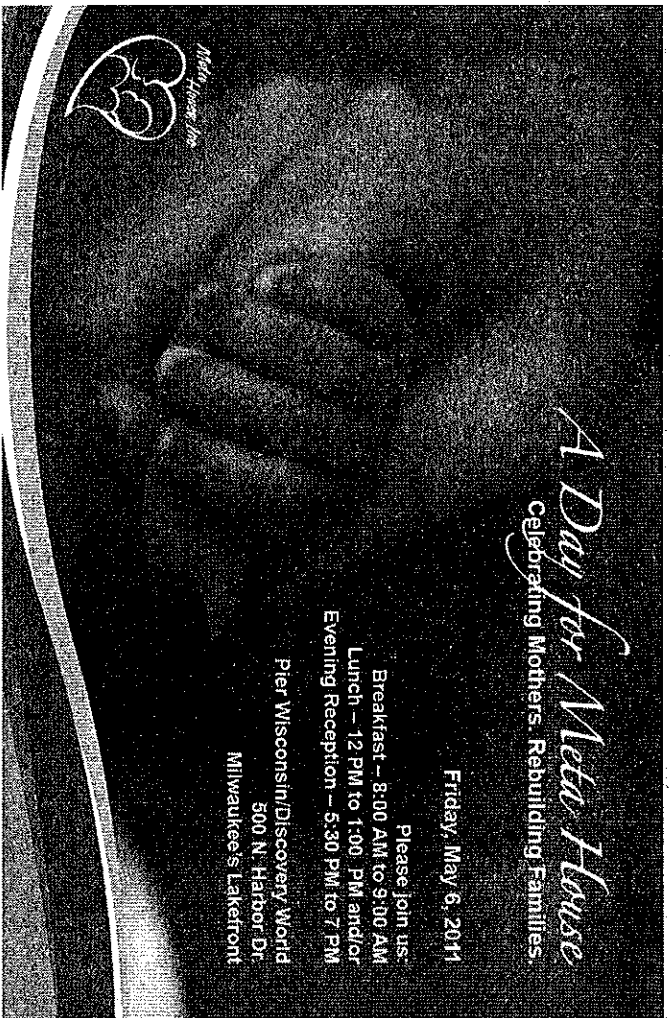
My childhood was tough. I grew up in poverty. My mom had to raise eight children on her own. My father would come back

periodically, but he never stayed long, and he was abusive to my mother. She, in turn, took her anger out on us. I don't think it was ever intentional, but it was the only thing she knew. As a result, it was the only thing that I knew.

At Meta House, not only did I learn how to live drug-free, but my children and I really learned how to be a family again. I was reunited with my children and learned positive parenting techniques. I learned how to discipline my children without hitting. I learned how to be positive with them. They got to express to me how they felt when I was in my drug use, and they came to feel secure knowing that I wasn't going anywhere anymore.

My life after Meta House was a 180-degree turnaround. I've been in recovery almost ten years. My eldest daughter is married and a good mother to her own children. My middle daughter is in college and works as a court-ordered crisis worker for teens. My son is an officer in the House of Corrections. Meta House made us feel like we were important, that we could do anything.

Meta House gave me my children back -



*A Day for Meta House*  
Celebrating Mothers. Rebuilding Families.

Friday, May 6, 2011

Please join us:

Breakfast - 8:00 AM to 9:00 AM

Lunch - 12 PM to 1:00 PM and/or

Evening Reception - 5:30 PM to 7 PM

Pier Wisconsin/Discovery World

500 N. Harbor Dr.

Milwaukee's Lakefront

there couldn't be a better gift!

Mothers that struggle with the disease of addiction love their children and want to be good parents. On Friday, May 6 Meta House is celebrating the gift of mothers at their annual fundraising event A Day for Meta House. Just in time for Mother's Day, the event will explore the relationship between mother and child, because

we believe a mother's relationship with her children is seen as an integral part of her recovery. Meta House, located in Riverwest, helps women struggling with drug and alcohol addiction reclaim their lives and rebuild their families. Visit [metahouse.org](http://metahouse.org) to learn more about the event and how you can get involved.

## Save Trees! Banish Junk Mail!

by Tess Hays

Is your home turning into a landfill from unwanted junk mail? Are you getting stuff from previous tenants or owners? Are you wasting time sifting through unwanted

tees?

### 2. Credit Card Offers

Send back the application page in the envelope they provide - which is usually postage paid.

mailings continue after that, keep sending the "please remove from your mailing list" request (via mail or email) until the mailings stop. Credit card mailings seem to take a little longer to eliminate.



RIVERWEST  
yogassthajia

