



March 28, 2012

To Whom it May Concern:

I am a Licensed Clinical Social Worker (LCSW) and have been providing counseling services to domestic violence survivors at the Casa Seguras, from February 2008 to the present day. Casa Seguras is an emergency shelter for victims of domestic violence with South Bay Community Services. We provide confidential shelter to women and children. During clients' participation in Casa Seguras, clients are offered case management services, individual and group counseling services. Clients are also encouraged to save as much of their income as possible and actively search for a permanent place to live.

It has been wonderful for The Meditation Initiative to provide mediation to the shelter clients. Sonia Ruland has been consistently leading the English and Spanish speaking women in meditation practices on a monthly basis, during the Monday Groups. The women have responded positively to her teaching style and her friendly demeanor.

It has been a pleasure over the past 3 years to have The Meditation Initiative offer their services to South Bay Community Services. The meditation has been such a calming experience for the women and children. Most of them have never meditated before, so this is a new practice that is helping all of us find some peace during such a difficult phase of life.

Thank you to The Meditation Initiative for their time and effort. To have services like these provided for free is such a blessing to our shelter.

Feel free to give me a call if you have any other questions.

Sincerely,

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south bay community services

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Funded in part by the County of San Diego.

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