



WHYTECLIFF AGILE LEARNING CENTRE – YOUTH FUTURES
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To Whom It May Concern,

May 15, 2014

I would like to draw your attention to the outstanding work that Tom Littlewood has completed with many of the students in the Whytecliff Agile Learning Centre campus in Langley, BC. Tom was an integral part of the Whytecliff team for the previous two academic years, but due to budget cuts, Whytecliff was unable to retain his services as a Family Worker and on-site counselor. Having the opportunity for Tom to continue working with the youth in Whytecliff, made available through the Dan's Legacy Foundation, has been an invaluable resource for both the youth and the staff.

In particular, Tom was able to introduce each student to Cognitive behavior techniques including re-framing automatic negative thoughts, mindfulness in the moment and anger management. He also explored the benefits of aerobic exercise and diet as a treatment option for depression and anxiety. Lastly, he was able to support and work with the youth as they began to plan for their transition from Whytecliff.

If possible, Whytecliff would be extremely grateful for the opportunity to have Tom continue in his work with the youth in the upcoming academic years. I would also like to take this moment to thank Dan's Legacy for this opportunity and wish the Foundation continued success with their mission to support youth in need of therapeutic support.

Sincerely,

A handwritten signature in black ink, appearing to read "David Lige", written in a cursive style.

David Lige

Program Director – Whytecliff Agile Learning Centre

engaging talent – meeting challenges – fostering growth