

# about me.

Geo



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When Geo experienced a loss, she found herself feeling isolated and disconnected from her community. The weight of her circumstances left her feeling alone and unsure of where to turn. With the help of her doctor, she recognized her need for support and was referred to the Health Guide Team at Langs.

Langs is where Geo met Rhiannon, a Health Guide who became an invaluable ally in her journey toward healing and empowerment. Rhiannon's support went beyond mere guidance; she attended appointments with Geo and provided clear explanations about the next steps in her healthcare and well-being journey.

One significant challenge Geo faced was the relocation of the bus stop near her home. This change limited her mobility and posed a significant obstacle to accessing essential services. Recognizing this barrier, Rhiannon connected Geo with Grand River Transit's Mobility Plus, ensuring she had reliable transportation to attend her appointments and access other vital services. In addition, Rhiannon helped Geo connect with others in the community, including housing and social support, further strengthening her connection to the community and enhancing her quality of life.

Reflecting on her experience, Geo shared, "It is nice to have a support system. I needed the courage to ask for help. Sometimes it can feel embarrassing to ask, and I find it hard to build trust with people. Rhiannon has really helped me. I can trust her to follow through and keep her promises. Without Langs, I would be stuck without transportation and support to go to my appointments."

Geo's story underscores the transformative impact of community support and the important role played by organizations like Langs in empowering individuals to overcome challenges and reconnect to their community. Through the compassionate and dedicated assistance of professionals like Rhiannon, Geo found the courage to seek help, rebuild trust, and regain control over her life.

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Note: Stock photo, to protect privacy

