

COURIER IMPACT



Fyo

I've always been pretty independent. I've been living on my own for 3 years now, and I lived in a shelter for a long time after leaving my parent's place. When I was younger, I was really stuck in a lot of turmoil, and it was very difficult.

Good Foot is really the only work I've had that adjusted to all my mental health accommodations. **Many places where I've worked didn't prioritize my mental health, and now it's just the opposite. I used to have a lot of difficulty connecting with my bosses, but at Good Foot, the Dispatch team has become like a second group of friends.**

After so many moves, it feels strange sometimes to live in my own place, and there were a lot of learning experiences when I first moved in. But I've been able to adjust and adapt to everything. When I was a student at Toronto Film School, I didn't want teachers to know that I was living in a homeless shelter or that I was autistic. **At Good Foot, I feel more comfortable.**

Through my Good Foot work placement, I have been working on my next music album with a good friend. It's dark and ambient, and I think sometimes that it's like building the soundtrack to my own life. The studio can be a really cathartic place for me. I really think like an artist – and sometimes I think that helps me with my work at Good Foot – I look at Toronto like a labyrinth of streets to work through.



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My three part LP is called The Infinite Terror which takes the scope of my music and magnifies it by one hundred, increasing the scope and adding an in depth, intricate storyline within my music. I'm really proud of it, and my dream job is to be an actor or musician. My internship has gone really well, and I think everything is set up now for my career in music. I've learned how to use several new programs because of it - I'm still learning how to use Ableton Live on my laptop, and I've mastered and completely graduated from Soundtrap, the online digital audio workstation I have been using for the past three years.

Good Foot has really helped me with my time management and goal-oriented tasks. I've been working hard over the last year, and I can really see a change! I bought a planner and I always have it with me. When I was younger, I could get lost in my head - but now I have all events organized. **That change is because of Good Foot.**

With Good Foot, I never stop exploring, and one of the biggest lessons I've learned is to keep moving and trying new things. Seeing new locations fascinates me, and I've explored probably 80 or 90 percent of Toronto by now. I even have a topographic map of Toronto memorized!

Good Foot has really boosted my resilience, and I've found that this job has been so important to me. Over time, working here has made me more optimistic about looking forward. I'm so thankful for where I'm at now and I know there's so much still ahead.

