



## **David Kidd**

**Five years after retiring from the Canadian Armed Forces, I found myself forced into early retirement at the age of 46 due to my physical and mental injuries resulting from my military service.**

**Sitting at home feeling sorry for myself, I found myself falling deeper into depression, this was also affecting my friends and family. I needed to find a sense of purpose in life again. I started volunteering at the Veterans Association supporting Client Care for Veterans. A few months later I started feeling better about myself; my friends and family have also seen the difference. I'm grateful for what the Veterans association has done for me and for other Veterans.**