

As a young child, the little rewards in life seemed to trigger enough endorphins to allow you to feel utmost happiness. My source of happiness as a young child was in a box of heterogenous sticker options my pediatrician rewarded me with after every appointment. An epiphany occurred in myself as I started to deeply understand this whole concept of happiness and well being as my family and myself deepened our roots in this country. This community health center was the safe haven for many "English as a Second Language" residents including myself and my parents. South Cove has impacted my family and myself socially, mentally, and physically and continues to do so.

After multiple visits to South Cove, I have witnessed and also gained more social awareness through means of conversation and advocacy opportunities. South Cove acts as a sponsor to multiple culturally focused non-profit local organizations such as Quincy Asian Resources Inc., Boston Children Neighborhood Center, and as well as Chinese Progressive Association. The connection between these social spaces allowed me to feel comfort and camaraderie with those who were immigrants or generational citizens like my family members and myself. Through South Cove, I was able to gain a greater network of true allies, mentors, friends, and chosen family.

Another aspect through South Cove that has impacted my family and myself on is physical health. Last summer, my paternal grandmother resided in America for the first time and South Cove was able to ease her transition to America by ensuring her health was competent enough. Although my grandmother could not communicate in English, a majority of the health care providers at South Cove were bilingual and this helped greatly with communication and interaction. South Cove is "a little part of China" as my grandmother would refer it to. I had observed her to be very timid and shy whenever she goes on outings with my family, however, at South Cove, many patients also spoke in her native language and this attributed to her social awakening. During her stay in America, there had been an emergency in which she publicly fainted. The adult and internal care department of South Cove was able to restore her physical health through body examinations and recognized it may be due to nutrient deficiency, therefore helped prescribe medicine for her. My grandmother was an important figure in my childhood since she raised me ever since I was a toddler and after her recovery from this incident, she continues to be an important figure in my life moving forward.

As expected with coming of age, I experienced an abundance of emotions and sometimes one emotion more than others. South Cove helped me cope with mental anxiety and stress and this later trickled to affect my overall well being and happiness. The transitioning between different academic levels often triggered unhealthy amounts of stress onto myself and my family. My family members would inconveniently force upon me academic expectations that I could not healthily achieve. Therefore, our family was referred to family counseling in the behavioral unit of South Cove and this has helped with our communication and well being as a family. It was often difficult to mandate the academic expectations my parents wanted however with individual and family counseling, our therapist mediated in a way that improved our relationship with each other.

All in all, South Cove is not only a community health center where we visit for our yearly physicals and blood work, it is also a reliable provider for my family members and myself for social interaction, beneficial referrals for physical need, and a safe space to confide in someone.