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April 11, 2025

Lisa Rich:

My name is Lisa. I want to talk about the minute, how I find myself when I went to the treatment program. I don't know how many times I've been in there. The first time that -- when I went to the family treatment, 2009. The reason why my -- I went in because my children were taken away. My kids were taken away. And when I was doing stuff and drinking, and I was like another parent, they abandon them.

My pattern was start in -- when 2005, January 18. That's when I lost my daughter, my last child. That's when I didn't want to be a mother. I don't want to be -- didn't respect myself. And also, I didn't care about myself. Because of the (phonetic), I lost my child.

And then I was in three day -- three nights. It was dark, in the dark. I didn't care about my children. I didn't care about myself, my life. And after I had the funeral with my child, my daughter got buried. So I took my kids all in my house and their grandmother, too. It was Storm's

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(phonetic) mom. And I went out drinking.

My mom and dad took me out. I was with my brother and I was with Storm. The reason why I left, I don't want to be in the house. I don't want to be around the house because my daughter is not there. And my mother and dad -- I was in my self-pity. I want them to feel sorry for me. I wanted me -- to look at me, to be there for me, and when I'm sick. I was sick.

I want Lisa to be okay, happy, to like feel better. Because Lisa was sick. Lisa had to be respected. And that's how -- what I saw. So just like I -- like putting blanket on my children. Yeah. Because I don't want to be a mother. I don't want to be -- I don't want to be a mother because I never see my children. I don't even look at them or even -- they're there, but I don't -- it's just like I don't see them. It's just like I don't see them. And I didn't want to be a mother. And I don't want to be close to them.

And the guy I go out with, I push him away. Because I blame him. Because when my daughter died, when (inaudible). I have a lot of

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resemblance (sic?). And I blame him.

And I went into the treatment in 2009. Social worker told me to go in. For me, I didn't know the treatment, what it was like. I don't know what is treatment.

And after -- I know that was I -- I already left that guy, the one I went out with, my children's father. Because I went to treatment, mobile treatment at the Lobstick, four weeks, mobile treatment. And I hear people talking. And I didn't know where to start, and tried to help Lisa.

I was all in -- it's all in my head. I was saying to myself, "I'm just going to go in to look good." That's what I said. I didn't want to talk about myself. I want to help myself. Because I was still sick because of my child was gone, my daughter.

I was listening to the women talking, sharing. But I don't know where to start. Because all this stuff that I go through, I didn't -- I didn't even look at it. I don't see it, what Lisa is like with what -- the stuff she had. It's just like I'm just burying things, my

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sickness.

And then I listen to one of the women speaking. Just listening. I just sat there listening. And I won't be sharing. And I think now, "I won't share anything what I'm feeling. Who's going to listen to a woman talking?"

She was talking about herself and the stuff that she's -- and what they went through with her husband and her children. And I feel like it's -- she's talking about me. That I feel like she is talking about me, so I started crying as I was listening to her.

And then I went back in three weeks, in through Natuashish -- back to Sheshatshiu. And it's just like somebody passed away every time I go to treatment. And that's what I'm noticing. And now, I'm back to treatment again, 2017. And that's when I start again to try to help myself. And that, like, 12 weeks -- six, maybe. I was only there for six weeks. It was 12-week program. And then somebody passed away. It was my uncle -- my uncle, Joe Rich.

And I blamed -- and I blamed God. And I blamed -- I was mad at God. I didn't even look

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at the other things with the sickness. And then I blamed that to God, my sickness. Might have been -- I just want to talk about the treatments, where I went to.

And then, we went to (inaudible) again. I didn't know what this guy was talking -- so they were talking for somebody died. And they said Joseph Mark. My uncle is Joseph Mark, which his name. There is none -- I thought there may be somebody else named Joseph Mark. And I didn't -- I didn't really know what was happening, what's talked about in the gossip.

And then I asked. And I asked, "Who is Joseph Mark that died?" And then somebody told me. And it went right back to my head. And then I thought about my dad. I was thinking about my dad. And my mom said he was at the cabin -- at my sister's cabin. Somebody took me down there -- drove me up there. I want to see my dad. I told somebody to take me there. So I went there.

My dad was out walking around outside. My sister and my mom and my brother-in-law, they were inside. And I asked them, "Why don't you go in -- out and talk to him?" So I went to my dad,

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where he was walking around. I just walked with him. And I said, "What are you doing, Dad?" And he never said anything.

And dad is -- was not a crier. My dad was not a crier. He was -- tried to be strong. He showed us how strong he was. And he doesn't want to talk around us. He was -- and then I thought he was okay after then when we walk around. So I was walking around. And we went back to the cabin. He was okay then.

And then I went back. I went back to the (inaudible). And then I went back to treatment again. When -- I went out of town, in Eagle's Nest treatment on 2022. And then, again, I just -- like, I could -- I know -- I know myself now a little bit. Oh, it was in 2021, (inaudible) treatment.

When I went to the program, this was like me thinking, I observe. I want to see how I'm feeling to -- if it makes me feel okay to be here or to be here. 2017, I was not comfortable. I never shared. I only talk and observe how I'm feeling. And they're talking about inventories. I never share any to (inaudible) with them.

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It's only one time. I shared one time. I was pointed. I have to say something. So I just said one thing. There was women there and the women were crying. It triggered them. I didn't even feel sorry for them. Because I wasn't (phonetic) really there to help myself.

And when I went again -- went back into treatment in 2021, through ambulance. That's when I find Lisa. When I have a group leader, Kristen, told me share. She was always helping me. And the (inaudible), a guy named Sean. That's how I find myself. That's how I find myself, talking about stuff that I couldn't talk about around people.

I told her how my relationship was like. That I was abused every day. I was always beat up every day. My children saw me when he was -- get beaten -- when I'm beaten. And they used to say how good my husband was -- my boyfriend was. He's always good. He was good outside (inaudible). But inside, he's not.

He's like -- he's in the dark, too, whatever he went through. I want to share, but I'm afraid. And I'm afraid my kids will hear about

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this. The way it was with my children. I told my kids (inaudible). But the other ones, no one ever -- all the stuff that the guy I went out with, what he had done to me, and the stuff that he was doing to me.

He was forcing me. He forced me. Even I -- when I said no, he get mad at me. Even when I want to go out or go for a walk or play or go bingo, he have to go sexually. First, have sex and -- before I leave. Even when I'm not -- when I say no, he won't let me go out and do -- go anywhere.

And I'm told, why did you be in -- why are you in that relationship? Why are you in the relationship people had asked me. I said it's because of my children. My children, that's why I'm there. And the relationship because (inaudible). And I didn't know how to take care of the kids, and it's for their survival.

Just like I don't -- we don't do anything. You have many children. Who is going to look -- who would love you? Who -- you're too fat. You're too ugly, dirty. And that's the stuff that he used to throw at me. "Who will want to

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go out with you? How many -- you have so many kids." He never said "our children." But he said "your kids." That's what he said.

And I used to be so embarrassed how many kids I have -- for the many kids I have. I have eight children. I used to be embarrassed about that. I used to be. Even when asked how many children do you have, I used to lie. I used to hide it. I'll just say five or six. I didn't tell how many kids I have. I have eight kids. But I lost the other one, one of the girl, January 18, 2005.

I have seven kids today. And I have two girls and five boys, my sons. I used to -- I used to be so embarrassed to even talk about it, to say. Because people will think that I'm young, and I have too many kids.

And so I find myself. I am so close to my children. And I treat them good. And I take care of them. And I love all of them. Not just one of my kids, because I love all of them.

The only thing that give me a -- have a hard time was when my kids ask me -- two of my kids. I know how small they are and how many pounds they were. And that ones, I don't know because I

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was sick. I just gave them any number. They asked me how many pounds I was when they were born. I didn't -- I just gave them any number. I didn't know. Because I was sick, I didn't even think about anything or even look at my children. I'll say I was sick.

And sometimes, it reminds me, when I look at my kids. But today, I'm strong. I love all of them. That's the reason why I stand up -- (inaudible) stand up. That's why I'm still alive.

In 2021, when I went in treatment, my group leader gave me a book and pen, and told me to sit down. My son got into -- one of my cousin got into accident in 2013, July 20. My cousin got -- died in a car accident. I was with him on the -- in the vehicle. My group leader told me to write a letter. Yeah. Then write to him and tell him how you feel. And I wrote a letter to him.

And all of a sudden, after I finish my paper, everything came back to me. Everything. Just like a door open, everything came in. The things that I used to do with the -- being abused to my children. And I didn't look after my kids and

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myself. I didn't look after myself. And all the door open, and all of the stuff that I didn't do, bad things. And when I used to cheat on -- going after other men, the married men.

It was a lot of -- a road, a heavy root, a big -- the stuff that I was not looking after myself, that I was not good to myself. And I looked at it now. When I went in the treatment -- I think, on February 8th. I went into treatment February 8th. On January 15 and 16, I was into other things, drugs. And I was really want to kill myself. And I thought about -- like, my cousin and I were -- I was there by myself, somewhere.

I was sitting there. I was sitting there for a long time on the (inaudible). In 2021, I went out of the program in Sheshatshiu (phonetic). And it was back in June. So yeah. It's like I lost myself again. And I want to kill myself, January 16th, 2025. It was all in my head. And it's like I'm, look at my addiction. Just like, I know -- I know myself that I did push away my family, and when I wanted to use. I was good at that.

And I was good at stealing. I was good at

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feeling -- it's okay, people will feel sorry for me, and I have my self-pity. I was good at that. I was good at that in my head. It was all in my head. And I, thinking now, today, it really hurts me after I did that. And that's why I said, when I checked, I tried to kill myself. And I feel alone, like nobody care about me. I have no -- my family don't care about me, my friends.

And don't know where to go. My mom and dad are not here anymore. My mom, it's seven years now since she passed. And two years for my dad. And that's where I used to go to when I have a hard time. My dad was the one -- my anchor. I used to talk to him when I don't -- when I'm having trouble. When I'm in trouble, I used to go to him. Even when my relationship is not good, I go to him.

And he used to tell me, you talk to me. That's when I tried to kill myself, too. I told the guy that I go at least now. He was calling me. I was almost killing myself. And I was thinking -- just like I was saying, I was going to leave a message on the phone. But he should

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know my pass code. Well, he'll know what I wrote and the reason why I want to kill myself. It was just like it's all in my head.

And then that's when I told him. He was in jail. And I called him. I told him I was crying when I was talking to him. And he was just listening to me. And then I talked to him. And then he start talking to me. He told me to go away, and go to Natuashish. Go and check your children. Go to Natuashish and your grandchildren.

So I wrote a note to my -- messaged my daughter. I told my dad how I feel. I said, "Can you help me to come up down there?" And he said, "(Inaudible) needs mom." And right away, she make arrangements for me. She sent me itinerary. And she said, "You're going to be coming here. You'll be leaving in two days." So I just hung up to the -- hung up to that guy, and -- when I was talking to him.

And the next day, I talked to him again. Because I went back to my addiction through the stuff I went to. And then he was mad at me. I didn't care. I just hung up on him. I didn't

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tell him that I was leaving. I didn't tell him that. He would just want to get mad at me over the phone. So I didn't bother with that.

Then the next morning, I talked to my sister. She dropped me off down to the airport, then went on. My daughter didn't tell the kids that I was coming. The kids were so surprised to see me when I came there. On January 18, that's when I left.

And just like the way I was, like my mind was -- it's just like I'm saying to myself, am I going to die? Am I going to -- is the plane going to crash? (Inaudible) I went on the plane again because my dad -- my daughter died. And that's when I had to go on the plane. And I kept thinking. Everything was in my head, thinking I'm going to die. I'm going to -- plane's going to crash. It was all in my head.

So I didn't want to bother the -- I didn't want that to bother me, so I said a prayer. It really helped me. That I find myself -- I went through God for help. And then I see my patterns today. I see my trail, the road. I see everything, everything now. And how I'm going to

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walk this road and for my children. And that's what makes me strong is for my grandchildren.

I have 12 grandchildren. There will be three more coming. They are the ones that I think (inaudible) wanting to let go having -- where I want Lisa to be happy and respect itself. Didn't -- Lisa didn't want to show the kids -- her grandkids what she went through. Lisa wants to stay strong.

Yeah. Just like when my kids are in Natuashish, they're abused. They're sexually abused, my children. I used to say, that's never going to happen to my children. Because I went through that, too.

And I remember, I was five years old -- five or six years old. Along the way, one of -- one of the specific person used to abuse me -- sexually abuse. There are three men. I don't know who they are. It really hurts me because I don't know who it was. I was closing my eyes. I didn't want to look. I don't want to look at the person.

And then I'm able to talk about it now. I'm able to share it now. I'm happy that I share

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stuff when I'm talking about myself now, share my experience. Because I used to be so shy, the way I was living and the way I was mom, the way I was abused, the way I abused my kids, too. I used to abuse my kids, too. And I pushed them away. And I used to blame them, too.

And I used to get mad at them, hitting them, and leave -- left them. It was just like I was, like, doing the -- I worked, too. I did look at myself as a good mother. When I buy food and I gave them money, and then I left them like that. And just like that, I think I was a good mother. But like I saw, I know I was not a good mother. I didn't see my kids the way they were sick, too. And also where I -- what I abused them, abandoned them. It was just myself who was sick.

Today -- then with my mother and father, when I was in treatment, there was one song that came up. I was walking around, and I was sitting. I was listening to the song that came on. And I started crying so hard. And my dad -- it's just like my dad's sending me this song. Stars in Heaven, I think that's what it's called. Then I started crying.

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It also came back to my mind. She didn't -- he didn't have time. My dad didn't have time to say I'm sorry. He should your -- you have time to say I'm sorry to your children. I say a lot of stuff today since I've been working on myself. That I believe in God, I say a lot of stuff. So I go talk to God to help me, to help me with strength. Stand on my two feet because a lot of times I'm falling. And when things were -- when I have problems, I call my God and also my mother and my dad, and tell them to show me, to help me feel strong. And I also ask God for strength.

And now, I want to talk about the -- now, I want to talk about the -- my dad. My dad had -- couldn't -- couldn't speak, when he was -- a long time ago, he didn't want to talk about this stuff, where he was in -- also in residential school. There's many times I seen my dad. He was unhappy, sick, and the things that happened. And that's where that came from with him at the residential school, whatever happened in that residential school. And when he was sexually abused -- abuse.

My dad, -- when he was working with Innu

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Nation, Nastash. My dad had papers -- somebody to talk about the abuse. There were papers that are sent to me. So I talked to my father about it. And I told him -- I told him, "Dad, did you want to hear -- did you want to tell your story, too?" And he said, "No," right away. That's when I know my dad was really not happy, all the stuff that he went through.

He didn't like the priest, too. He doesn't like the church, too. He never went to church. And since I know my dad, since I've been in treatment also in 2021, just like I see my dad -- whenever I write on stuff on the (inaudible), he said, "You pray." My dad sees my posts. But I told my dad that I -- my dad couldn't say anything about the stuff he went through. But I will say something. Because I will speak for that.

And then to my dad (inaudible, gimmee (ph) -- my mom (inaudible). I want to speak for my mom, too. A long time ago, my sisters were taken away. Three of my sisters were taken away, Roxanne, (inaudible), Bernice, and it was the tricked. My mom was tricked. The paper -- she

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was told to sign the sign papers for -- it was the adoption papers. So the -- my sisters were taken away. My grandmother, (inaudible), she got my older sister. But the other ones, they couldn't -- they didn't get a chance to get them -- take them, my sister, Bernice.

And the social workers really make me mad. They're still doing that today, still having -- they're still tricking people. My -- when my children were taken away, too, 2009, on March, that's when I was drinking. And I didn't look after them. Me always going every day out to drinking. I was always drinking. That just like took over myself, all the pain to the -- all my pain. I didn't see my kids. I didn't see my -- anybody. I didn't see anyone.

So my children were taken away. They are staying in the families. My children had two -- my other sisters had two of the -- my grandkid -- my kids. And I wasn't even working on myself to even fight for them, to try to do that. Because I was not the one being mother. But the way I was living, I was so young when I had my baby. I was only 14 years old when I had a child.

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I didn't have my freedom because I was a child. I was young. It was like to be kid -- to be happy. I was pregnant so early. I didn't have freedom. And when I have my first child, it just makes me feel good. And that's when all the abuse stopped -- sexual abuse stopped, though, where things were happening to me in the house. But it never -- I didn't want that to happen to me anymore. Everything stopped after I had my child. Sexual abuse stopped.

I want to thank God for giving me my son. And maybe I would have died a long time ago. Maybe I would have killed myself. Because the way I was happening -- what was happening to me in my -- in our house. Because I was too embarrassed or ashamed to talk about it, what my brothers were doing, abusing me. Maybe I was the only one in there, I thought, in the house.

I think there's a lot of people that go through that, too. One of my family told me. She's the one I used to talk to. We used to talk to each other when we go through a hard time -- struggling a hard -- having a hard time. And also when we talk about everything that happened

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and what happened in our house, because we were only kids. We didn't know what is right or wrong. We just like -- we'll talk about it. We used to make fun of it, joke about it.

I was already working on my abuse, the sexual abuse. Because I was talking to Rose Gregoire about it. I call Chup (phonetic) my sister. We talk about, me and Chup, what he went through, too, in his -- in her house. But we then -- yeah, we start laughing about it. I said, I should talk to my dad -- my mom about it. I used to tell my mom everything what happened to me.

So we were -- then we asked my mother. I called out to my mom. We're lying down in the room. She was sitting there. She came over and sit down.

"Mom," I said. What? She asked me, "Why? What?" She say, "What happened?" He said, "So things were happening?" I said, "Yes, uncle -- Chup's uncle was sexually abusing her." My mom said, "It's not good. That's not right. That's not good." So right away -- she called the RCMP right away and the social workers.

And in that community, there's a lot of blame

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there and resentment in the community. And uncles then gets mad and everybody. Chup, my sister, was really in trouble. She was told she was lying. She was told she was lying. Even when the kids are -- talked about stuff, what happened. People used to say, "You lie. You just want to get your own way." I remember stuff like that I heard. You want help, but you didn't get it. And that's why they said it's -- you lie when you say stuff.

When I went through a lot of stuff in -- myself, I through -- I went through a lot. Because I -- where I don't look after myself. Because I didn't really care about myself. And then I was in treatment too, 2021. I was talking to Sean. I told him about sometime I was drinking in the house. I remember sleeping. And I remember the people who were there. It was early in the morning when I woke up. I was -- I've been raped.

So I told my -- one of my -- one of the guys. And she told me, "See what happens. Look at yourself." I didn't know what she was talking about. I'm wondering what he was talking about.

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I was just wondering what he was saying. He said, "Look at yourself." I didn't have my underwear. I have all bruises on my legs. I have bruises everywhere. On my leg, I have bruise. I was so embarrassed.

So I said to myself, "Don't you worry about it. You don't do -- you're worthless." I said that to myself. So I start dressing up, and I went back drinking again. I didn't care about myself. I just like -- I went through -- where I was -- because I was sick. Didn't really respect -- I didn't respect myself. I didn't care about myself.

I had -- this happens to me many times when I'm drinking. That's why I didn't care about it. I went through many times. Lisa was very sick since she was in the dark. And she didn't know what she was. And she didn't want to live.

And when I told the story, too, when I was in the program, I was told to pray. Ask God to help. I want to know who is -- who did this to me? It's just like something -- just my mind was all over the place. And I was told to pray. And I ask her, "Then who's did that to me?" So when

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-- so I think that when I went to bed, I was just kneeling down by my bed, and I was saying -- asked God, "Show me whose the one that did this to me, this stuff. Sexually abused me."

Soon then I had a dream. I dream about the house where I was in. I was on the floor. The door is open outside. And that's where I was lying there by the -- and then I looked. There's the old social worker's building. There is something hanging over there. Where Donna Pone (phonetic) lives, they're all street lights on -- in my dream. And the -- I see something hanging over there. Because things were just moving really slow.

I went down -- live by the street light. One of the street lights was not working. And that's where something was hanging there. So I tried to close the door. I was still lying down on the floor. I see myself -- I don't know. I managed to, like, close the door. And then somebody opened the door right away, knocked on my door. And I start running away when somebody at the door. And then I woke up.

Then I went back to Sean in the morning. And

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I said, "I saw it. I saw it. And I saw the dream. He showed me in my dream." I told him about my dream. What happened? I said, "If I have opened that door, would I have seen the guy who sexually abused me, if I had opened the door?" And he said, "Yes."

So I ran. I ran out to the room. And he came over. He -- somebody came over. He said, "Come over." Then he said, "Do you want to open the door? I'll stand by you."

Maybe I'm hypnotized. He asked me if you want to open the door. And I said, "No, I don't want to open the door." I said, I don't want to really release the stuff that I went through." That was 10 or 11 years ago that happened. And I didn't want to release the door. Didn't want to go back again and feel this pain again that I went through. So I was -- I'm further away what happened there. It was a long time ago.

And he said, "Okay." He said, "If you want to open the door sometimes, let me know. I'll stand by you. If you want to open the door and know who the ones who did that to you." I was happy. Because I -- it really helped me feel better,

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talk to him about it, to even share. And if I share to everybody, they would tell a story about me. And that's what I was afraid of -- worried about. Afraid somebody will talk about it outside.

So when I was talking to Sean, and then when I told him about my dream, about my life, what I went through, what the road I was in, he said, "You would really work with people. You'd be a good -- you'll really help a lot of women with your story. Because a lot of women are not going in to see -- to talk about stuff, about what they went through."

And so then I'm happy when I'm sharing my story. I feel good. Today, I -- where I'm at now, I was just like my mother. My mom had a good heart. That's where I'm at right now, with my mom's heart. And she used to always speak out. She'll say whatever she wants to say, always trying to help others, and always stand by somebody who go through a hard time. My mom has a good heart.

And my dad. My mom -- my dad was just a really smart, and he's -- he knows how to speak

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English. He was a smart man. He was good. And when she's doing -- in numbers, too. My mom -- I have my dad's mind and my mom's heart. That's where I'm at. My dad -- when my dad died -- when my mom and dad -- my mom died, I was all -- it was all in my head, my mind. I didn't want to see the daylight. I always wanted to be in the dark to numb myself, to cover everything after when my mom died.

It was six months. Every day, I was just doing stuff, drinking, closed myself, shut myself. And then I went back to work, too. I don't go visit people. I don't go see anybody. I didn't want to be around people. That's where I was at when my mom died. I didn't even see my dad when he was sick. I didn't want to see him the way my dad was very sick.

He have been with my -- he have been with my mom for a long time, too. And just like I'm covering everything up, my dad, too. He was always sick. I was sick. And I just saw what happened with my dad. I think maybe they look at my dad, like you're sick. But there was things that he makes me mad, too. When my mom died --

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when my dad -- when my mom died, it was just like he just let himself go.

The night my mom died, 2018, that's when she died, November 26th. I'm good at numbers. That day, he never -- when my mom died, I was 25. She went to the -- 24, she went to the hospital to get checked. I says, she was told you have a stomach bug and just sent home. And the ambulance was called for my mom. They -- my sister, Roxanne, told me mommy's gone out to the hospital again.

He said, "No, she" -- he said, "Yesterday. She was gone yesterday." But he said, "Yeah, he's going today again." I didn't want to wait. And I said, "I'll go with you." She said, "Do you want to come?" My sister was coming -- my sister was coming, and she picked me up. My mom was already gone. The ambulance came, picked her up.

When we got to the hospital, I was sitting in the waiting area. My dad came out. My dad was like -- he used to always want me to go in and do stuff. Yeah, I have stuff to do. He told me to do stuff. He said go in and sit down with your

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mom, your turn. So I went in the window and see -- look -- I was looking at my mom. She was very sick. He can't even -- she can't even get comfortable. She was lying down on the bed. And she couldn't get comfortable.

As I was sitting there, the nurse came, and they checked my mom. And I was looking at her back. And then I remember the boy. A woman's son was sick with kidneys. And now, that's what I see in my mom -- how I see my mom, too. And then I asked the -- I asked them if they got the blood work. And they said, "No, it's not necessary." So I told them it's necessary. My mom should have been on a dialysis. But he -- she refused.

So they gave her pills instead, medication. Then she said, okay. So the way I told the nurse. And then after I told them about the blood work, then they quickly did that. And the doctor came and told me to wait. Ten minutes later, the doctor came. She said, "I want to go see the other doctor." So I said, "Okay."

And I went out and called my dad. The doctor is coming in -- coming back. So he said he went.

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So when the two doctors -- the two doctors told us my mom was -- her two kidneys are failed. Her two kidneys are failed. And we're told he's going to be admitted. They will check -- she'll get checked in. Also called a doctor in St. John's, a doctor specialist with kidneys. We're waiting for them -- for her to get a room, a bed.

So I told the nurse -- I said to her, did you know, the nurse -- you know this woman sitting here is not my mom. Because my mom always told us when she's sick that this woman sitting here is not saying anything. Because -- so that's when they rushed, I think, to check her.

So they were told -- we were told, too, that there's going to be a bed for her to be admitted. My dad and I were in the -- and my sisters were in the waiting room. My sister told me she'll be sleeping with mom, stay with her. My mom said, "No, don't stay with me. Your dad will stay with me." So my -- she said she want my dad to stay with her. She said, "If she doesn't want to stay with me, he will -- I'll leave too," she said.

So anyway, also my dad said, "I'm sleeping

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with you. Sleeping here at the hospital with you." And maybe two or three -- two hours, we waited for the bed for him to be available. And it was almost 10 o'clock. My -- we went to see my nephew, too. So he -- when he came back -- came with us, and he told him -- told her what happened.

So I went back to the hospital. So I just hugged my mom and gave her a kiss. And I said, once you get the -- get a room, I'll come back again. My mom say this stuff what she need to say, too. She told me, "Don't you drink. Call out to me, tell me," she said. "Don't drink." She said -- she would say anything, my mom.

So we went back. And we went to the Legion with our nephew. So we went. We went to Tim Horton's and waited for her over there. The phone rang. My phone rang. And my sister's phone, too. Look at the number -- I was looking at the number. It was my dad's phone number. So I picked up. My dad's in the background saying "Come up, come up now. Your mom's heart is failing."

So we went. We didn't worry about our order.

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We just went in my -- they dropped us off at the door at the hospital. My brother-in-law took us. My mom was in Room 23. And we went in. My dad was standing outside. He said they were okay. But I went in. I stepped -- I stand by my mom. Then my nephew came over.

She was asked, "Do you know where you are?" And she told me. She said she was in the hospital. And then all of a sudden again, he -- she didn't respond again. She was just looking.

Calling my mom -- I called my mom. She never respond to even look at us. My dad came in and called her, too.

So we were told to get out of the room. They're working on my mom. The doctor said she's okay. So they're going to change places for her to go to ICU now.

When she was in ICU, we called our family, my brothers and sisters. All my brothers, they all came up. When she was in ICU, she -- her heart stopped again three -- she -- it stopped three times. That's like when people -- I used to sign papers when people go admitted in the hospital. And my mom was asked again if she -- her heart

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stop again, can -- to bring her back. And she said yes. So I was the one to sign all the papers for her.

And then I was there, sitting there, looking at my mom. My mom -- my dad and my brothers went up. And I was in the ICU. They already make decision to let her go. My brother told me to come out. So I went to them. They were, you know, hug each other. Hug our dad.

My dad told us we have to let her go. Her heart was not working right. If she got her -- they resuscitate five times. Her heart was getting weak. I was so mad in -- mad at my dad. My heart was mad. I was mad at everyone. It was just like they gave up on her.

I was so mad. I have a lot of anger towards my dad. And that's when I never went back to see him again, my dad, to visit him. I never visit him because I was very angry with him. I was so mad. Why didn't he fight about -- like, you know, getting her back, work? Why did he give up on her? That's where I was in my head. It was all in my head, the things I was thinking about.

And today, when I'm talking about this, now I

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understand. Her body must have been very tired, too, because of her kidneys. Yeah. Because kidney took over the whole body. If the kidneys are failing, and everything failed. And I didn't look at that like that. Now I see it today, the family members that were sick, too. I see the -- what I'm looking at now. Because I see things, and I say a prayer. And I always call to my dad and my mom for -- to help us out.

In the mornings, I say prayer. Like, who am I -- it's just like I'm talking to them when I'm praying, asking for to help us out where I was, and why I'm so sick. Like, just like pieces by pieces, that's where I find myself. Today, the reason why I'm so strong is from God. Prayers help me, calling God and telling him everything.

If I can say anything in the meeting, things, the way I'm feeling, I always talk to God and tell -- share how I'm feeling. Because I know she's listening to me. And he's -- I see things when I ask for things given back to me by God. Sometimes it's in my head. Sometimes in the songs, some of the pictures. Just like if you really believe in that, you'll see stuff in

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there, coming to you. If you really want to work hard with your body, your mind, if you want to stay strong for yourself, there's all this stuff that I have been -- like, I'm just -- write it down.

I remember that, on January 16th, that's when I -- 2021, me and my niece Kayla, that was the last time that we go with drugs -- took drugs. She didn't say anything to me, Kayla, my cousin. And that's when I said to myself, I'm going to the meeting the next day. And that's what happened. In the evening, a woman called me. Asked me if -- I asked her if she wants to go to the -- if she's going to the meeting. So he said, yes. So we -- I went with her.

Kayla was in the vehicle, too. We went to pick up the girls, the woman. So we went to a meeting. 2025, today, January 17, that was the last time I take the drugs. In January 18, I went. I left. I asked God for mercy.

My grandchild, I was dreaming about him. He was on my right arm. In my dream, I saw maybe it's God (phonetic). Somebody -- the one that died, she was only three years old when she died.

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She was there with me. Somebody -- they put her in my left arm. It was just like when she passed away. She was only there. She was the way I see her when she died. And then, you know, God forgave me. And I asked for mercy. He gave me.

And because I was playing with my -- I was not respecting myself, playing with my mind and not knowing what I'm doing and things, the way my actions and everything. Just like my daughter was always watching me. Now, how many times you would have died -- almost died? Maybe three times, I -- when I overdosed three times doing -- driving -- drunk driving. And I see all these things that I did, and that my daughter was watching everything I did.

I guess I was really tired of life. One day, my angel to watch out for me. And then I asked God for mercy, to bring my child to me. I was so happy when I see in my -- what I saw in my dream. I start crying. I want to thank God. I calls him to bring my baby back to me. But she was in my dream, to see her one more time in a dream.

And I saw it. And I saw her and also to see her -- told God to bring her. So my daughter

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would come in and see me, and for me to see her, what she look like now. I really want to see my daughter.

Many people had said to me that they had a dream about her. One of my friends, her name is Amy Gear (phonetic). When I was in St. John's, when we had the accident -- car accident, so I went out to the St. John's. My daughter was there -- my first daughter was there with my friend who came up and visit me.

So anyway, after they came, they said, "We're going to go back to the hotel and come back again in the morning to see you." They came in in the morning. And when I was talking to her, she said, "I had a dream." I want to talk to you and tell you a story. So I said, "Okay." She was in a hurry to come up.

So she sat down with me. She said, "Lisa, I had a dream about a little girl. She was thanking me. The little girl was thanking me. I want to thank you for being there for my mom." So I told her, well, I was, like, jealous because my daughter went to her and not me.

"What does she look like?" I said. I asked

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her. "She look like mommy," he said. "Looks like mommy," she said. She said, "Thank you for watching out for my mom, looking after my mother."

Since all the stuff that I go through, I would have died long time ago. How many times I tried to kill myself where I was so sick, when I was so angry. And the things I don't remember when I'm drinking and doing stuff. And this is why I'm here. That's supposed to be -- I'm supposed to be doing this, tell my story.

I want to thank God for showing me my trail, looking after myself, and also looking at Lisa. I try to take care of myself, work really hard. I work really hard to get something or tried to get me back to where I was. But I always talk to God about it, calling God, so I don't go falling.

Sometimes when I think about -- sometimes I think because I still wanted to go back to it and thinking that nothing will know about it. I know it's going to happen to me again. I'm going to be back to where I was before. And I will be falling.

And sometimes, I cry about stuff, the feelings

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that I'm feeling when I numbed myself. And I always -- I didn't know what to do first, when this first happened. And today, I know what to do about it. Go to a meeting and also go see, or talk to a woman. Even I talk to God also, and I cried.

I just asked for strength, so I can talk about what I went through. And things abusing and also the -- everything and everyone, too, my mom and dad, also. I only want to respect myself. I didn't look at everything -- at anybody else. I just -- like, I used to feel like people don't want to be around me. Like people were against me. They were all against me. It's just all in my head, playing games with me. I never opened my heart.

Today, I do. I have a good heart. I -- it hurts me when all the things that I do. I abused people, hurt people and my children, too. Every day, I sit down with one of my kids. And she's 11 years old. Like, he have to look after all, like a parent. She was like a parent.

I have such a big road to look after myself, like I have many things that happened to me -- to

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myself. And there's a lot of work to be done yet. Yeah, there's stuff that I'll be looking at and also to my kids, stuff that happened. I'm slowly talking to my daughter.

My sister have adopted a child. It's like my daughter, too. I call her my daughter. The child was given to my sister. And I call her my daughter. 2005, she was born. She's was born 2015. I talk to her about all the stuff that I went through. That I say stuff, too, you know. The reason why I'm still alive is you.

I never look at myself, when my dad died -- when my daughter died. It just like I didn't want to be around anybody. I just want to shut the door, and I want to shut myself. I don't want to see my family or my friends. And that was my comfort zone. I was in the dark. That's what I told my daughter. Told her the first time they bring her in -- over. I guess, I said, I have a purpose. I have a purpose to look after you.

And I also told my sister -- because she lost her child, too, in March. She lost her son. I said there is a lot of stuff we go through, a lot

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of stuff. We don't even look at how sick we were and the stuff we went through. Once -- like, when I was a child I thought it was just normal, the way the families were, the sexual abuse. And the -- wherever she was staying somewhere, it was just my self-survival skills.

I was 11, I left my mom's house. Because I stayed anywhere I want to. We never have any food. I read anything, whatever is there. I went with my dad one time. I left. We went in the vehicle. We went. I said, "Take me to the store. I want to go shopping."

So the guy that I'm with or guy I went with now and her son came with me. The guy I go with, we went with his son. His son dropped his candy. She was trying to close it. And she said, "Just grab it with your mouth and take all the sand away." He had fell on the sand. She says, "You know how people used -- we used to have been eating garbage." And that's what my dad said to the little boy. I was so shy and embarrassed when she said that.

I'm really happy to speak about it. And it heals me, me talking. I feel happier -- happy.

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I feel good in my heart. And that's all I wanted to say. I'm really happy to really release what I'm saying, to talk about it. And I really want to thank you for listening to me.

(Lisa Rich - English Audio concludes.)

C E R T I F I C A T E

I, Beverly Guest, of Elite Transcription, of St. John's, in the Province of Newfoundland and Labrador, hereby certify that the foregoing pages, numbered 1 to 42, dated January 22, 2026, are a true and correct transcript of the proceedings which has been transcribed by me to the best of my knowledge, skill and ability.

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