

**Frederick Smith  
Inglewood, CA**

**Subject: Letter of support and endorsement for Spirits Landing and Tabbatha Mays**

**To whom it may concern:**

**As a client of Ms. Mays for several years, I have found her to be both an amazing therapist and friend.**

**From the very beginning, Tabbatha always made me feel comfortable and at ease while establishing goals, managing expectations, and setting baselines to measure progress.**

**She expects clients to do the work, it's as simple as that! The way Ms. Mays holds a person accountable is both challenging and encouraging.**

**Tabbatha Mays and Spirits Landing played a pivotal role in helping me adjust through 2 major crises in my life; a divorce and my son's passing. Without her help, I would have stayed overwhelmed and stuck.**

**I am grateful for Spirits Landing. Their work from a personal standpoint and my observation how they help others is outstanding. My prayer is that they continue to thrive, grow and help scores of others as much as I have been helped.**

**Sincerely,**

**Frederick Smith  
Centech Consulting  
Inglewood, CA**