

Dear Friend,

Do you ever wish you had an extra hour of time?

Maybe you'd spend it with family and friends. Read a book. Exercise. Pursue a lifelong dream. Or take a long walk. Whatever you do in your daily life—work, study, care for family, enjoy retirement—your time is priceless.

In these budget-tightening times for public health services, a recurring donation from you is a priceless investment in our community's well-being. Our recurring donors say it's the financial equivalent of giving an hour of their time a month. Steady support—given monthly, quarterly, or annually—will ensure the Connecticut Mental Health Center and Foundation continue to provide innovative, recovery-oriented care for people who need it most.

Here at CMHC we know the power of an hour to change lives. For the people we serve, it could be an hour spent with a clinician finding and supporting treatment that works; or an hour in of one of CMHC's many innovative programs in wellness, arts, financial health, and peer support. For our staff, it could be an hour of cutting edge training that enables them to excel as practitioners. It could also be the hour a community volunteer spends in one of CMHC's social rehabilitation programs or research labs making recovery and discovery possible.

Taken together these hours add up to **more better health** for the people we serve—nearly 5,000 women and men every year.

Everyone who comes to CMHC is living day by day—and sometimes even hour by hour—with serious mental health and addiction challenges compounded by hand-to-mouth financial circumstances. Join us in making a lasting difference in these lives with your recurring gift of \$10, \$25, \$50 or more. You can set up your gift online in a few simple steps, by visiting us at:

www.cmhcfoundation.org

You may also use the enclosed envelope to make your contribution or inquire with your financial institution to set up a recurring payment directly to the CMHC Foundation.

What's an hour of time worth to you?

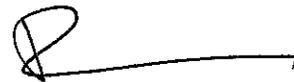
It's worth a whole lot of hope and health to us.

Thank you for your time and generosity.

Sincerely,



Kyle Pedersen, Director



Rebecca Allen, President

P.S. The CMHC Foundation turns 25 in 2018! Watch for upcoming events and exciting opportunities to celebrate 25 years of support and service.

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A private non-profit organization supporting the
Connecticut Mental Health Center and
the people and community it serves.