

**“Nothing compares to the simple beauty of riding a bike.”**  
*John F. Kennedy*

Dear Friend,

We couldn't agree more with these words from the leader whose vision over 50 years ago changed the course of community mental health and established the Connecticut Mental Health Center in New Haven. Did you also know, just over 150 years ago, Pierre Lallement from New Haven patented a two-wheeled vehicle that blazed the way for the modern-day pedal bicycle?

Here in New Haven, we are bringing bicycling and mental health together in a path-breaking innovation called CMHC Cycles. Since inception in 2015, we have given away over 100 refurbished bikes, helmets, and safety equipment to our clients who want to ride for health, transportation, and fun. Thanks to donors like you and partners like New Haven's own Bradley Street Bicycle Co-Op, this year, from June to September, we matched over 40 people with bikes, safety equipment, and hands-on cycling instruction. Our total investment per rider: \$100. This summer we also partnered with Bradley Street to offer eight bike maintenance sessions at CMHC, because a broken bike won't get you anywhere.

Bicycling is a lot like recovery. It requires balance and ongoing maintenance. It can be fun and hard work. It's good for your health and good for the community. It fosters independence and cultivates relationships among people who ride together. And—if you fall—you can always get up and try again.

Good health, like recovery, involves ongoing maintenance and hard work. It also requires a balance of personal and community commitment to all the social determinants that impact a person's life—income, education, race, housing, transportation, employment, and civic inclusion. CMHC Cycles is one way we support holistic health for the people we serve—nearly 5,000 adults who turn to CMHC every year for comprehensive and innovative services.

In their times, Kennedy and Lallement blazed the way for innovation in community mental health and transportation. In our times—and with your support—we can blaze the way to better health for the community we serve.

You can join us on this road to recovery with a one-time contribution or recurring gift of any amount. Your investment could lead to the next promising innovation. You may use the enclosed envelope or visit us online at:

[www.cmhcfoundation.org](http://www.cmhcfoundation.org)

When it comes to better health and recovery, we say **Ride On!**

Thank you for your generosity,



Becca Allen, President



Kyle Pedersen, Director

*P.S. Did you know? CMHC is a Bicycle Friendly Business, recognized by the League of American Bicyclists for its support and advocacy for bicycling among its clients, staff, and visitors. We stand proud with other New Haven businesses including SeeClickFix, The Devil's Gear, and Yale University. And we're proud to support New Haven City efforts to make our community even more bicycle friendly.*

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