

Dear Friend,

Words can't express what your support means to us, but we think it's worth a try.

You've heard it said—a picture is worth a thousand words. CMHC has a treasure trove of images—archival photographs, original artwork by CMHC clients and local artists gracing our hallways and meeting rooms, as well as candid shots of people and events—both ordinary and extraordinary. Taken together these pictures give a sense of history, hope and life-transforming recovery that happens here every day.

You don't have to take our word for it. This year we invited our CMHC community to compose and share **Recovery Shorts**: 50-word reflections on what recovery means to them. We think their words are worth a thousand pictures and have included three reflections below:

"What is recovery?" I ask myself each time I'm in doubt. Recovery is a mindset; an everlasting journey of steppingstones that leads us to a trail of the unknown, but is a key that will set us free. It's another opportunity at life that we once thought we lost forever.

Recovery is attending Thursday afternoon music group. Recovery is singing together and learning to harmonize. Recovery is finding healing through music. Recovery is writing music. Recovery is sharing songs we listened to when our hearts were broken. Recovery is learning we all danced to the same song in high school.

For months, I refused to add recovery to my vocabulary. The word was just so real; it all too accurately highlighted the lows of my past. What I've learned, though, is that progress isn't possible without acceptance. And acceptance is self-love. So, essentially, recovery is an expression of that love.

When you give to the Connecticut Mental Health Center & Foundation, you are supporting a community that works together to make sure everyone knows that recovery is real, is possible...and is changing lives. We have two more words to offer: **Thank You!**

Give a one-time or recurring gift using the enclosed envelope or donate online at:

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

Your gift will make a difference. You have our word.

Thank you for your generosity,



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Kyle Pedersen, Director

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