



May 2021

Dear Friend,

Anything is possible.

As COVID infection rates drop and vaccination rates climb, we can begin to dream again. What do you dream about doing next?

Maybe you hope for in-person family visits, face-to-face conversations with work colleagues, indoor concerts, dining out, school assemblies, or high school sports games. We hope your dreams come true.

Our dream at CMHC is recovery and good health for all people. We believe it's possible and we strive for it every day.

For over a year we have been providing safe, quality mental health and addiction support with a combination of in-person and tele-health care. What once seemed impossible became possible through hard work, creativity, and mutual concern for our clients, staff, and community. We are now carefully bringing back more of our workforce so we can resume in-person care for more clients.

The COVID pandemic has shown us that when it comes to recovery, it's not a choice between economics and health. We need both to thrive and be well. We also know that racial disparities in our country have resulted in economic and health inequities that can make daily living impossible. **We can do better. We can dream a better world together.**

Your gift to the CMHC Foundation will help make recovery and good health a reality for the people we serve. Together with your support we can continue to provide emergency financial assistance to our clients when they need it. We can provide them tele-health equipment and technology support. We can expand programs such as CMHC Cycles, providing refurbished bikes and cycling education to clients who want to ride for good health and transportation independence. We can also launch new initiatives such as the Food Navigator Project, helping our clients connect to community food resources as well as cooking and nutrition education.

Join our community of hope and possibility with your one-time or recurring gift to the CMHC Foundation. You can donate online at:

www.cmhcfoundation.org

You may also send your check using the enclosed envelope.

This year during Black History month we created a community poem with contributions from our staff and clients and inspired by "I Dream a World" by Langston Hughes. We invited people to put their dreams into words and compiled them into a community poem entitled "Freedom, Where Have You Been?". We read the poem aloud in one of the Centerwide Meetings we hold twice a week via Zoom. We enclose it here as our gift to you and hope it inspires you to dream big with us. **Because anything is possible.**

Thank you and be well,

Laura Goldblum, President

Kyle Pedersen, Director

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