



May 2024

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Dear friends,

There is gardener’s wisdom in the proverb, *April showers bring May flowers*. Rains that cloud the sky also water the plants that emerge in the spring sun. There is life wisdom too: hardship can give way to healing.

*May is mental health month*, a time when communities all over the nation turn their attention to the importance of cultivating our mental health. In New England, May is a season of new growth and possibility, a good time to celebrate hope and the power of recovery.

For us at CMHC, every month is mental health month.

We are acutely aware of the hardship our clients face with life-challenging mental health and substance use problems. Not to mention the social conditions that make it hard to thrive: food, housing, and job insecurity; inadequate public transportation; inequitable technology access; racial discrimination; and stigma.

Every day of every month we provide person-centered and community-focused care to over 4,000 adults in greater New Haven so that they can grow and flourish in recovery.

Your gift to the CMHC Foundation ensures we can provide seed funding for innovative projects that improve care as well as emergency financial assistance for food, seasonal clothing, personal hygiene care, household items, and other critical life supplies our clients need to grow in recovery throughout the year.

Donate today! Online at [cmhcfoundation.org](http://cmhcfoundation.org) or by check using the enclosed envelope.

The enclosed seeds are a gift from us, a reminder that together we can cultivate healthy lives and healthy communities.

With gratitude,

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.