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**CONNECTICUT MENTAL HEALTH CENTER  
FOUNDATION, INC.**

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A 501(c)(3) supporting organization for the Connecticut Mental Health Center helping people in recovery sustain healthy and meaningful lives in the community.

Dear Friend,

What does poverty have to do with poor health?

This is a question we think about every day at the Connecticut Mental Health Center. Every one of the 5,000 men and women CMHC serves each year is poor in a city where the poverty rate is over 25%. We offer outstanding mental health and addiction services that they need to sustain a healthy life. We also know it takes more than good health care for them to stay healthy.

That's where the CMHC Foundation comes in. For nearly 20 years we have relied on generous donors like you so that we can provide critical financial support and innovative programs that meet the everyday needs of the people we serve.

We give emergency assistance funds for food, clothing, and other unmet personal needs. We have also launched projects like the Hill Farmers' Market at CMHC so that our clients, staff, and community neighbors can have access to fresh and affordable fruits and vegetables and tips for preparing meals that are both nourishing and delicious.

While we are doing everything we can to meet today's needs in practical and creative ways, we are always looking at tomorrow's demands so we can keep ahead of the twin ravages of poverty and poor health.

It's hard to stay healthy when you are poor and even more challenging to move out of poverty when you are not healthy. That's why we launched a *Financial Health Initiative*—new this year—to better understand how poverty impacts health and to help the people we serve access financial services and resources they need to stay healthy and step across the poverty line.

Simple tools that many of us take for granted like household budgeting tips and a plan to securely save money can go a long way to relieve the financial stress that often makes it harder for our clients to take care of their health.

The CMHC Foundation will celebrate its 20th anniversary in 2013. For two decades we have counted on the generosity of caring citizens like you to make sure the people we serve are healthy and thriving in the community. We need your support to build on this strong foundation of financial assistance and innovative health-promoting programs in the decades ahead. Please give as generously as you can by using the enclosed envelope or donating online at our website:

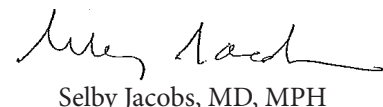
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Thank you for your kindness. Your gift is helping the people we serve move from poor health to good health.

Sincerely,

  
Kyle Pedersen, MAR

Director

  
Selby Jacobs, MD, MPH

President