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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,

My name is Laura Goldblum and I am excited to support the Connecticut Mental Health Center (CMHC). I hope you will join me by making a gift to the CMHC Foundation this spring.

We need your support to raise \$10,000 for programs that help the 5,000 people served by CMHC access what they need to get well and stay well. Contributions from donors like you are making life better for them and we are grateful for your generosity.

If you are like me, you know how hard it can be to take care of yourself when you're not feeling well. You don't get the right amount of sleep or exercise. You eat poorly. You worry about how to manage each day and wonder when you're going to feel better.

All the people who rely on CMHC face these unbelievable challenges—and more—every day. They struggle with the adverse consequences of poverty. Not only do they have serious mental illnesses and addiction problems, they are prone to chronic physical health problems and die 25 years earlier than the average person. Even on a good day, they can feel isolated and alone or subject to the daily indignities of stigma and discrimination. It's enough to make anyone feel overwhelmed and hopeless.

CMHC knows that the best clinical care is just the beginning of wellness. To get well and stay well, all people—regardless of their income—need and deserve a safe and affordable place to live, fresh nutritious foods, physical exercise, financial security, caring relationships, and meaningful work.

The CMHC Foundation supports innovative and integrative health initiatives that would not otherwise be possible at CMHC. With your help, we promise to build on efforts that are making a difference, such as the *Hill Farmers' Market at CMHC*, the *Food Transformation Project*, the *Financial Health Project*, and *Animal Assisted Therapy*. And we will introduce new projects such as the *Culture of Compassion* to enhance caring communication skills on our inpatient unit.

I am inspired by good and committed people at CMHC who are working hard every day to make sure the people we serve have the best clinical care and the fundamental things in life that help them get well and stay well. We can do so much more with your help.

Please join me—and all of our donors—by giving as generously as you can. You can use the enclosed envelope or donate online at:

www.cmhcfoundation.org

This spring you can make your gift grow! Donate online during the Great Give 36 hour online giving campaign and you could help us secure matching funds and financial prizes from the Community Foundation for Greater New Haven. Visit www.thegreatgive.org between 8am May 6 & 8pm May 7, search for CMHC Foundation, and click "Donate Now."

Thank you for making lives better!

Sincerely,



Laura Goldblum
Chair, Development Committee

P.S. Join us on July 11 for opening day at the Hill Farmers' Market! The market runs every Friday, 11am-2pm, through October 24...right in front of CMHC on 34 Park Street in New Haven.