Thank you for helping Emma stop hurting
Imagine your home is filled with violence and alcohol but you can’t do anything about it; you’re too young. 15-year-old Emma couldn’t stop the chaos in her home, so she hurt herself instead.

Thanks to you, her cry for help was heard. You helped her learn to care for herself no matter what was going on around her. That is a lifelong gift indeed!

Emma’s home life was volatile. Her father was a heavy drinker who came and went frequently. Emma was left anxious and worried.

Not knowing how to express her anxiety and fears, Emma often became physically and verbally aggressive. When that didn’t work, she would turn to self-harm to get the attention she needed.

Luckily, with your support, Emma got the counseling and emotional care she desperately needed.

It took Emma time to warm up to the idea of counseling. Like many teens, she didn’t like “being told what to do.”

But over time, Emma became more open to feedback, even the hard stuff such as “you can only change yourself, you can’t change anyone else.”

She learned new tools to help ease her anxiety, like going to the beach to find some peace of mind.

Now when her life feels chaotic, Emma no longer reacts with aggression or self-harm. “I learned to control myself,” she says.

“I have also learned that the things that are not in my power, to let them go. I learned that even in dark days that there is light ... to never give up.”

The difference you made:
“I’m not stressing about the things I can’t change.”
- Emma, age 15
Just 5 years old with PTSD

How you helped Brendan become an independent little boy again

5-year-old Brendan had already undergone two major surgeries, a 9-month hospital stay, and stroke. Amazingly, he was still an active and social child...right up until his last major surgery in late 2017.

Suddenly Brendan was crying, throwing toys, and hitting. He was afraid to be left alone and wouldn't follow directions anymore. His caregiver, Nana, didn't know what to do. Luckily, she had you. With your support both she and Brendan got the care they needed.

PTSD (Post-Traumatic Stress Disorder) is usually associated with soldiers returning from war, but Brendan developed it from his many medical issues and extended hospital stays.

With your support Brendan received much-needed therapy. He learned that when he tries hard, he can get dressed, use the bathroom, brush his teeth, and many other things in his daily routine. He also learned how to talk to Nana about his struggles so that she can help him through them. Most of all, he learned that he is capable, smart, and strong.

Nana learned new ways to set firm boundaries and teach Brendan to follow routines in a loving, gentle way. She learned that she can be supportive and loving, while still challenging him to be independent and self-sufficient.

“Counseling” may not sound super exciting. But with counseling you really are giving a child the mental health tools and social skills they need not just to survive but to thrive and be happy.

I hope you will take a few minutes to read their stories and really let sink in how dramatically you changed each of their lives.

Erin O'Brien
President & CEO

FROM THE CEO

You gave these children an amazing gift!

You gave the children on these pages skills that will last a lifetime. Emma, Brendan, and Adriano may never know the difference you made, but I do. And I want to thank you for caring about their happiness.

You gave these children an amazing gift!
“It’s like I got a brand new kid!”

What a difference you made for 8-year-old Adriano!

I was getting into a lot of trouble,” says Adriano. He was in fact getting into trouble multiple times a day at school and was yelling and defiant with his mother at home.

Thanks to your support, Adriano didn’t even need to leave school to get the help he needed. And his mother was so relieved to get help too.

Adriano received weekly visits from his case worker who helped him understand his emotions, especially his anger.

He learned healthy social skills and new tools for managing his anger, such as calming practices.

“I am doing better with my anger,” he says. “I do ‘box breathing’ to calm down at school and at home. I walk away from situations that are getting me mad.”

Adriano’s mother said that it had been difficult to get him to talk about his feelings before. It took him a long time to trust someone and open up. But the weekly visits from the case worker right there at the school were such a wonderful routine for Adriano. He always enjoyed the sessions and was eager to practice his new skills.

Adriano agrees, “The help I got has made me a better person. I am doing better in school. I’m getting good grades.”

“He has really come a long way,” says his mother. “I see the difference, I see when he stops and thinks about the situation. It’s like I got a brand new kid!”

Thanks to your support, Adriano no longer sees himself as a trouble-maker. He now has the skills to be calm in any situation and he is proud to use them.
Can you help today?

A child is hurting and your support of just $41 can help her

11-year-old Lauren is depressed and anxious. She’s being bullied at school and doesn’t have any close friends. She can’t focus in class and her grades are dropping.

Lauren is getting more and more depressed. She’s only 11 and she thinks she will feel this way the rest of her life. But you can change that.

Your donation today of just $41 can provide counseling for a child like Lauren and give her the life-changing support she needs.

In group counseling Lauren will develop tools to build her self-esteem and to relax her mind when anxiety wants to take over.

With a donation of $41 for counseling services, you can give a child like Lauren a mental health toolbox she will be able to use her entire life. What a gift!

A child like Lauren is hurting right now but your donation can change that. Will you help her get the counseling and support she needs to be happy again?

She’ll meet other kids facing the same challenges and learn helpful social skills.

In short, your support will give Lauren a mental health toolbox she will be able to use her entire life. What a gift!

Yes, I want to help a child in crisis today!

Please use my gift to provide a child with counseling services and other life-changing support:

- $41 for one child to receive group counseling
- $82 for two children to receive group counseling
- $123 for three children to receive group counseling
- $__________

Give online at www.communitysolutions.org