

THIS SIGN **SAVED A FAMILY...**



AND SO **CAN YOU.**

Carmen* and Michael* had been driving for hours to calm their crying baby.

Carmen had been planning to return to work, but due to COVID did not have childcare. She was becoming increasingly isolated and depressed and Michael was working extra shifts.

They were both exhausted and in need of help.

They saw the sign - **MENTAL HEALTH SUPPORT IS HERE FOR YOU!**

Like Michael, Carmen, and their infant, hundreds of families in our community urgently need Mental Health services, now more than ever.

Because **you** are a person who cares, **you** can save a family with your donation.

*NAMES HAVE BEEN CHANGED FOR CLIENT CONFIDENTIALITY

DOUBLE
YOUR IMPACT
BY DECEMBER 31, 2021

\$80K
MATCH
FOR EVERY
DOLLAR DONATED

JOIN THE FORTY CARROTS
BOARD OF TRUSTEES IN SUPPORTING
AND STRENGTHENING FAMILIES!

No matter who shows up at our door, calls our phones, or where our vans go, your donation ensures everyone receives the skills, support, and resources needed to strengthen their family.

YOU open the door when families are in crisis.

DONATE NOW

THANK YOU TO OUR TRUSTEES

Kevin Cooper, Ariane Dart, Dawn Doughty, Jag Grewal, Jackie Griese, Karimu Hill-Harvey, Chris Jarmul, Ben Jones, Eric Kaplan, Robert Lewandowski, Jeff Reynolds, Alan Ross, Susan Sakhai, Tammie Sandoval-Badger, Kevin Stencik, and Susan Travers.

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