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May 2018

You will be giving a gift, a gift of mental health to someone suffering from mental illness when you say “YES” to the *\$1.00 per day 100-day Appeal* of COMPASSion Counseling.

“No matter how long the winter, spring is sure to follow.” -Proverb

I believe this proverb speaks to a majority of us, as we try to relate to tough times: when life deals its low points and challenges, the experience of life’s “winter”. Here at COMPASSion Counseling (CC), a nonprofit organization located in Maryville, we strive to provide counseling (individual, couple and family) and educational services (anger and stress management, resiliency building, relapse prevention) to those who struggle with overcoming mental challenges: those who may believe their “spring” is unattainable.

Thanks to the generous support of our friends, CC has been able to help our clients gain hope, build resilience, and experience mental health and well-being while providing \$8,000.00 of in-kind services in 2017 to those who were not able to pay the full fee. More information about CC can be obtained via CC’s website - cccmaryville.org.

At CC, we have set a goal of reaching out to at least 50 donors who are willing to say “yes” to our very first *\$1.00 per day 100-day Appeal*, which begins on May 5th and ends on August 18. The donors who help us meet this goal will be recognized, unless indicated otherwise, in our August newsletter. In addition, your contribution will be acknowledged promptly.

We trust that you’ll help us reach our goal. We promise that every dollar will be used to meet our clients’ needs and goals. More importantly, we will be able to assist those that desperately need our help. Let us count on your selflessness, your willingness to help and your refusal to turn your back on those who are experiencing the darkest days of their lives.

With our deepest thanks,

A handwritten signature in blue ink, appearing to read "Lakshmie Napagoda".

Lakshmie Napagoda, RGS, LCSW
Executive Director

Ways to donate:

1. Via a check addressed to COMPASSion Counseling
2. Via credit card- please provide name on the card, expiration date and Security code by calling CC (please do not leave this information in anyone’s voice mail)
3. Via CC website – please click the Donate button and follow directions (PP fee- 2.5%)

COMPASSion Counseling is a 501 (C) (3) organization. Our MISSION is to provide counseling and education that instills hope, builds resilience, and promotes mental health and well-being.