

We are pleased to announce the  
Community Memorial Foundation (CMF)  
Matching Grant Opportunity  
CMF will match every new or  
increased donation Samaritan receives

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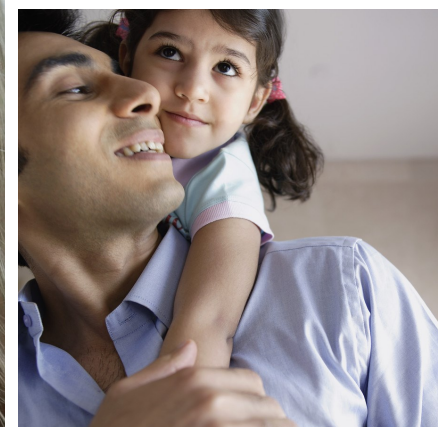
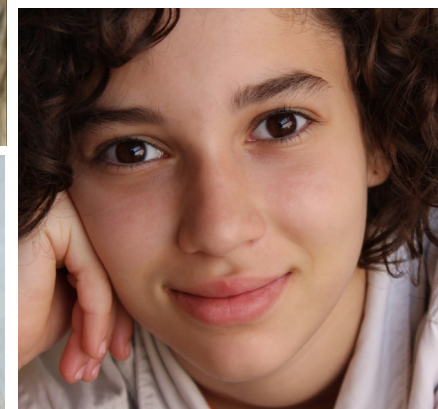
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**You can help someone  
reach their full potential**



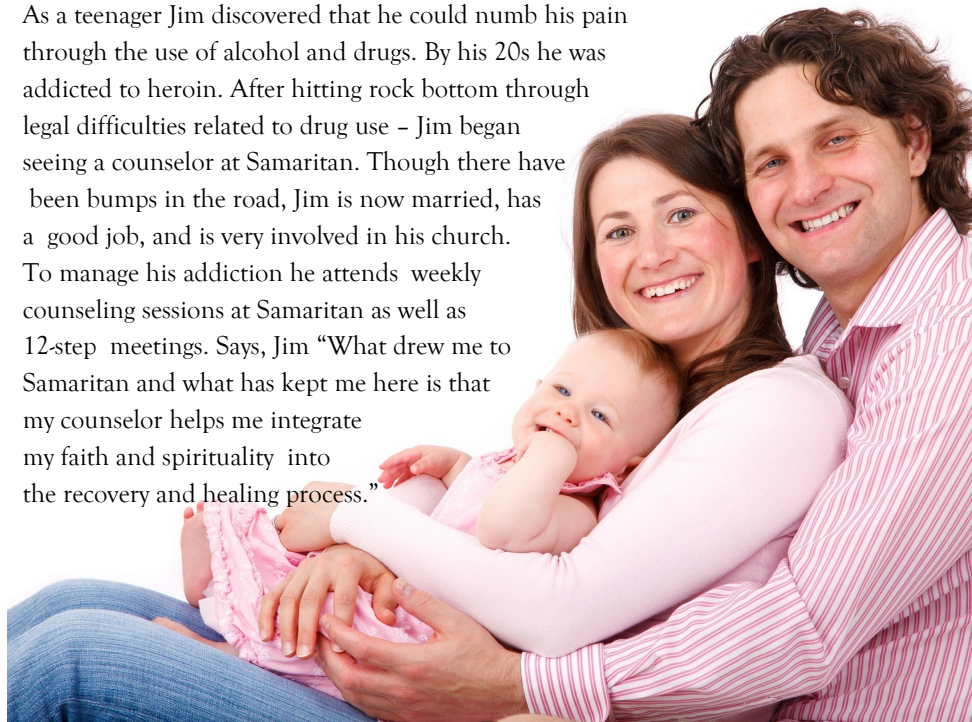
## Everyone deserves to live to their full potential, regardless of their financial means.



Jessica, a college freshman, was in a relationship that was emotionally, and mentally abusive. Toward the end of the relationship her boyfriend became physically and sexually aggressive. Jessica came to Samaritan when the relationship ended in order to heal and break the pattern. Through counseling, she learned about domestic violence and the cycle of violence. She identified her tendency to have unhealthy boundaries in relationships where she did not have limits with

others or self-care for herself. Jessica worked on having healthy relationships and becoming assertive in expressing her feelings and needs, listening to her “gut.” Now Jessica wants to study psychology or social work and help young women in college in violent relationships.

As a teenager Jim discovered that he could numb his pain through the use of alcohol and drugs. By his 20s he was addicted to heroin. After hitting rock bottom through legal difficulties related to drug use – Jim began seeing a counselor at Samaritan. Though there have been bumps in the road, Jim is now married, has a good job, and is very involved in his church. To manage his addiction he attends weekly counseling sessions at Samaritan as well as 12-step meetings. Says, Jim “What drew me to Samaritan and what has kept me here is that my counselor helps me integrate my faith and spirituality into the recovery and healing process.”



*I am writing this holiday season to ask you to make a donation to Samaritan’s Mental Health Access Program and help someone like Jessica or Jim live to their full potential. Every year this program provides high-quality, affordable behavioral health care to hundreds of individuals without financial resources. They come to us in pain, looking for hope. Your compassionate support makes hope possible.*

*Samaritan is one of the largest providers of fee subsidized counseling in DuPage County and we are recognized as unique for several reasons:*

- Samaritan is a faith-sensitive counseling center and we recognize the therapeutic role of a person’s faith in the healing process for which there is much research-based evidence.*
- Our staff is committed, caring, highly-credentialed, and well versed in variety of therapeutic specialties. Our therapists have post-graduate degrees and are accredited by various professional associations and all see patients receiving fee subsidy.*

*Behavioral health and quality of life go hand in hand.—and it isn’t only the person receiving care who benefits. Their families, co-workers and the community at large is impacted as well. This year a challenge grant from the Community Memorial Foundation (CMF) gives you the opportunity to make an even greater impact as CMF has committed to matching every new or increased donation. Please use enclosed envelope and donate today or online at <http://samaritancenter.org/donate/>*

*With gratitude ,*



**Samaritan Interfaith**  
Counseling • Consulting • Education

*Scott Mitchell, President & CEO*