



## **What Your Gift in 2010 Provides in Community Services**

### **Your Weekly Gift of...**

- **\$1** (or \$52 annually) provides parents training on how to support their developmentally-disabled child.
- **\$2** (or \$104 annually) provides 3 children an opportunity to attend an 8-week grief support group to help them cope with the loss of a loved one.
- **\$5** (or \$260 annually) provides English as a Second Language classes, employment and legal services to a Hispanic/Latino family so they can become more economically self sufficient.
- **\$8** (or \$416 annually) provides a hot nutritious meal and social call to a homebound person helping them to improve their health, reduce isolation and maintain independence.
- **\$10** (or \$520 annually) provides an at-risk youth with a positive, after-school program experience for one year, helping them succeed in school and learn important life skills.

### **Your Annual Gift of...**

- **\$25** provides a parent with CPR and first aid training, greatly increasing their child's safety and well-being.
- **\$50** provides 7 persons with a rapid and confidential HIV test and follow-up support, allowing them to be proactive and confident about their treatment options.
- **\$60** provides a bicycle to a child whose family is living in a transitional shelter so they may play, socialize and simply enjoy being a kid.
- **\$75** provides mental health screening, support and medication for 2 persons enabling them to live healthier lives within their family and community.
- **\$100** provides a safe shelter and support to a victim of domestic violence who has left her abuser, empowering her to take the first steps to rebuild her life free of fear.
- **\$120** provides a respite opportunity for a family whose loved one is developmentally disabled resulting in a reduction in stress and an improved quality of life for the whole family.
- **\$130** provides 8 hours of literacy instruction for an adult who is learning to read, leading to increased motivation, self-esteem and financial stability.

### **Your Annual Leadership Gift of...**

- **\$500** provides a year-long batterers' treatment program that teaches appropriate ways of expressing emotion, dealing with conflict, managing anger and other life skills, helping to end the cycle of family violence.
- **\$800** provides four individuals with access to financial counseling allowing them to create budgets, learn strategies to live within their means, and repair and understand credit.
- **\$1,200** provides a family two weeks of safe shelter and support as they seek to break the cycle of homelessness and become independent.
- **\$2,400** provides 4 senior citizens with one monthly appointment for one year to a health clinic so they may maintain and improve their well-being.