



November 4, 2013

A mother loses a child to illness. A teenager struggles with depression and thoughts of suicide. A husband and wife work to repair their fractured marriage. A widower faces loneliness and isolation in the “not so golden years.”

Every day in Palm Beach County people from all walks of life find themselves overcome by debilitating depression, anxiety, bipolar disorder or other mental health concerns. The causes are complex and cut across age, gender, race and class.

Not everyone can afford quality counseling or therapy, nor can they easily find the kind of welcoming environment that promotes wellness. **That’s why we are so grateful to the donors who have supported us for more than four decades.** Your generosity has enabled us to deliver the highest quality nonprofit mental health services to people who have nowhere else to turn.

As a nation, we are dealing with the worst economic downturn since the Great Depression. The increasingly frantic pace of daily life, alarming rates of suicide among the elderly and returning veterans, and the increase of school bullying – all have wreaked havoc on families, institutions and communities. At the same time, mental health services have been shrinking across the United States. **Florida ranks 49th in per capita mental health care nationally**, spending an average of just \$38.17 per person, according to PolitiFact. The Palm Beach County school system averages just one social worker for every 473 students.

One of the biggest barriers to care is the cost and expense of getting professional help. That is what makes the Faulk Center for Counseling so unique: We deliver the low cost, high quality professional services so desperately needed. More importantly, we tailor specific plans of care to the needs of each individual. In addition to our own central facility in Boca Raton, we currently work in 12 schools in southern Palm Beach County, and six major senior communities.

No child, family or elderly person should suffer due to a lack of available services. Nor should they be treated as anything less than an individual with unique experiences, problems and perspectives. And that’s why your help is so vital.

That’s why our family programs use innovative counseling methods to strengthen parents and children both as individuals and members of a family unit. That’s why our youth programs take students with behavioral or emotional difficulties and provide them with techniques to deal with bullying and intimidation, aggressive behavior, substance abuse, truancy and poorly controlled anger. That’s why our senior programs give elderly men and women who are alone and at risk for emotional and physical decline the access to services that preserve their independence and dignity.

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The SKILL to HEAL, the HEART to CARE

Our services are needed more than ever to ensure the health and stability of our community. Your tax-deductible donation to the Faulk Center for Counseling will enable us to get closer to our goal of providing free and low-cost mental health assistance to anyone in need.

So please make your gift today! Go to our website www.faulkcenterforcounseling.org and click on the Donate button, or send your donation in the enclosed envelope. We hope you will consider becoming a monthly sustaining donor. These types of gifts enable us to do the kind of planning and budgeting that truly helps assure our future viability.

Thank you for your commitment to helping those who are in pain receive the services that can truly change their lives.

With kindest regards,



Kenneth Stevenson, Ph.D.
President, Faulk Center for Counseling



Vicki S. Katz
CEO, Faulk Center for Counseling

P.S. Every day in Palm Beach County thousands of good people find themselves needing help to overcome mental health challenges. Please make your gift today so no child, family or elderly person should have to suffer alone. Visit our website to make your gift www.faulkcenterforcounseling.org or use the enclosed envelope. With thanks and great appreciation!

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| \$45 | pays for one hour of therapy for an individual or family. |
| \$140 | provides a senior community with an onsite support group for one month. |
| \$250 | allows a child to participate in a 16 week school counseling program for at-risk children. |
| \$500 | covers three months of therapy to a family of four. |
| \$1000 | provides six months of comprehensive psychological services to a young adult. |



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