



Season of Giving

**The essential
community partner
for children and
families in crisis**



There is Still Time Left to Donate in 2021!

Approximately one in five people live with a mental health disorder, yet less than half receive treatment due to cultural, financial, geographical and other barriers.

Because of your support, Aldea helps 3,500 people each year who desperately need help, but don't have the resources to access professional treatment.

Especially during the Holiday Season, the need is urgent.

This December, our goal is to raise \$55,000 to equip people with the tools they need to improve their mental health and achieve their goals.

As the essential community partner for children and families in crisis, we know that our clients often need our help at difficult times, when things are “messy,” and sometimes scary. We welcome anyone who needs our help, without judgement of circumstance or situation.

When you give to Aldea, you're not just supporting critical behavioral health services—you're empowering people to strengthen their relationships and reach their full potential.

Young People on Their Journey to Healing

"I really would have continued to mess up and be smoking everyday if it wasn't for this **treatment and support**. **I am now able to reflect on myself every night and continue my sobriety** and to be better knowing I have the support to keep me going."

-Substance Use Disorder Services (SUDS) Client

"Getting older and learning **what it really means to be independent** is hard for a lot of young people, but when you have a whole team of people supporting you, it makes it so much easier. It allows you to take the steps that you are unsure of and **get the support and feedback** from those who have taken those steps already."

- Transitional Housing Placement Client

Aldea is the essential community partner for children and families in crisis. We believe that in a family's most critical moments, the company of a trusted professional can mean the difference between strength and suffering.

Every day, our expert staff walks with young people on their journey to healing, providing the care that brings both short term comfort and long-term resilience. Because with a community of support, they discover their own ability to create a new life, one moment at a time.



For more information please go to our website at www.aldeainc.org or call 707-224-8266.