

SOLUTIONS

See how your generosity helped local youth in crisis!

Summer 2025

12-year-old Carmen fought to express herself

Thank you for helping her learn healthier ways to share her feelings

Carmen needed help but she didn't know how to ask for it. So she fought instead.

"Carmen was very aggressive and had no communication skills," says her mother, Rosa. "We used to think that she didn't have any emotions because she wouldn't express them."

Thanks to you, Carmen was able to receive the support she needed through our School Linked Services mental health care program.

With therapy and activities tailored for her age, Carmen began to understand her feelings and build skills for communicating her needs to those around her.

Initially very reserved, Carmen quickly warmed to her therapist. The interactive activities helped her feel comfortable and confident in acknowledging

her emotions, communicating them to others, and advocating for what she needs.

Carmen is now more relaxed and ready to talk about what is going on in her life. She is motivated to better herself and to find what coping skills and mindfulness activities work best for her.

School staff, friends and family all see the difference in Carmen. "[Now] when Carmen is having a bad day, she will journal about what happened or find a way to communicate how she is



With mental health support, Carmen learned healthier ways to express her feelings and needs. Thanks to you, she is happier, more self-confident and thriving in middle school.

feeling and what she needs from us," says her mom.

Thanks to you, Carmen has gained confidence in herself and is now thriving in middle school. What a gift!

"It has helped me grow into speaking more comfortably about how I am feeling and allowed me to learn how to feel more comfortable being myself."

Carmen, age 12

FROM THE CEO



*Erin O'Brien
Chief Executive Officer*

Thank you for caring for our community's kids!

As a parent myself, I know that the challenges kids, teens and young adults face are sometimes much bigger than what we, as parents and caregivers, can handle on our own.

But thanks to you, children, teens, and families can get the extra support they need right here in our community.

Carmen, Angel and Manuel are just a few of the youth who have benefited greatly from your generosity.

Thank you for helping so many kids and teens in our community heal, grow and thrive. You've given them a gift that will last a lifetime!

Every day was a struggle

Thank you for helping Angel overcome the anxiety that over-shadowed her childhood

12-year-old Angel struggled every day to go to school. Her anxiety made it difficult—and often impossible—for her to attend class, hang out with her friends, or even just leave the house.

Thanks to you and your support, Angel was able to receive the early mental health care she needed to address her anxiety and regain the childhood she was missing out on.

Angel was understandably a bit shy when she first met her therapist as therapy felt new and scary. But her therapist helped her feel safe and comfortable, and she began to enjoy their weekly sessions together.

Therapy gave Angel a safe space to learn new coping skills, and she enjoyed the positive downtime during the sessions. She also enjoyed learning to use everyday skills, like listening to music, to ease her anxiety, especially when getting ready to go to school.

Angel's mom also received support and coaching on how to collaborate with Angel to help her overcome her fears and celebrate her successes.

Thanks to you, Angel is now less anxious overall and is able to go to school even when something unexpected comes up. She feels grateful for the support she received and encourages others to seek help when facing mental health trouble.



Your support provided therapy to help Angel manage her anxiety. She now enjoys school, her friends and just being a kid.

In his own words

Manuel wants you to know that your support matters

"Before this program, I was going through various crises related to bipolar disorder, particularly on the depressive side ... I couldn't find a sense of purpose in my life.

It felt pointless to fight against so many fears, mental blocks, discouragement, anxiety, and confusion.

The most helpful thing for me was having someone to talk to at least once a week. My therapist listened to me, offered guidance, and together we processed difficult emotions. I also learned various coping skills—practical strategies that I could gradually apply in different situations and challenges.

Additionally, I learned relaxation techniques, emotional regulation, [how to] advocate for myself, self-care, stress management, and how to shift my negative thoughts to a more positive perspective.

Ultimately, [being able to]



Thanks to you and your support, Manuel received the intensive mental health care he needed to manage his bipolar disorder. He is thriving and hopeful about his life today.

understand my situation and identify the triggers for my crises really helped me to recognize them and be more aware and [know] how I can react if it ever happens again.

darkness, the sun will eventually rise and light the way again.

I discovered that we are all valuable individuals, each with a purpose, even if it's just one thing we excel at.

"I'm moving forward, becoming more independent and confident in myself and my abilities. I have new goals and I'm determined to make my dreams a reality."

Manuel, age 21

I learned that life, just like it isn't always perfect or smooth, doesn't have to be filled with suffering either. Not everything will always be about depression; just as there can be a period of intense storms and

We all deserve a second chance, and we're never truly alone in life; we can always count on someone. Problems have solutions, as long as we work to find them, holding onto the hope that we will."

Back-to-school supplies needed for local children

The first day of school is coming up fast and local kids need backpacks and school supplies. But too many families are struggling to make ends meet.

Many local families are struggling to afford the high costs of rent, gas and groceries. They may be putting food on the table but there's little left for additional expenses, such as back-to-school supplies.

Parents are wondering, do they buy groceries to fill their kids' tummies? Or the supplies their kids need to show up for school ready to learn?

Your gift of \$30 today will provide a local child with a new backpack stuffed with essential school supplies. That's an incredible gift you can give a child ... and a struggling parent!

Your donation will provide a child with a brand new backpack filled with pens, pencils,



Your gift will provide a local child with a new backpack full of the essential school supplies they need to return to school ready to learn.

paper, binders, glue sticks, and so much more—all the supplies a child needs to return to school ready to learn.

Anything you can give today will help a child return to school with confidence, and it will ease the burden on a hard-working parent.

Please give before August 1st to help one or more children start the school year with the supplies they need to succeed!

My gift to provide back-to-school supplies for a local child!

☒ **Yes, Erin! Please use my gift to provide a new backpack filled with essential school supplies to a local child who needs help. Enclosed is my gift of:**

- ☐ **\$30** to provide a new backpack filled with essential school supplies for 1 child
- ☐ **\$60** to provide new backpacks filled with essential school supplies for 2 children
- ☐ **\$90** to provide new backpacks filled with essential school supplies for 3 children
- ☐ **Surprise us!** \$30 x ____ kids = my donation of \$_____ for backpacks & supplies



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Give quickly, easily and securely online at www.CommunitySolutions.org