



December 2016

\*\*\*\* PEACE ON EARTH\*\*\*\*

Dear Friends,

Peace of mind is truly a gift and it is hard to experience at times. The people we serve at Counseling Care experience a great deal of stress that include severe emotional problems, family conflicts, and critical issues such as physical and mental health problems.

As we approach the holiday season, we wish for you a sense of an inner peace. Also, we hope that you will support our essential work by a tax-deductible donation to bring peace to those in need of our care.

At our center our licensed mental health professionals are making significant advances through counseling to help people resolve their problems. Here are a few examples:

*\* A teen that is depressed has lost hope to live and is tempted to drink and use marijuana. She has begun to believe in life again.*

*\* A thirty-eight year old is going through terrible marital conflict and is overcome with anxiety and sadness that is affecting her work. She is finding help with counseling and medical treatment.*

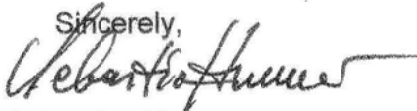
*\* A thirty one year old who has been deployed two times in the military, comes home and discovers that he is unable to cope with the emotional conflicts he feels inside. He is healing with trauma therapy.*

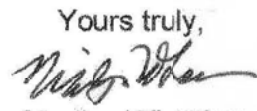
*\* A forty year old with two children watches his wife suffer from a terminal illness and his entire life has changed. He is overcome by grief. The family is in therapy now and is learning to cope.*

*\* An eight year old child has witnessed domestic violence and now receives play therapy to relieve his emotional pain and restore an inner peace. His behavior improves.*

Through our work, as a not-for-profit organization since 1984, we have helped hundreds of adults, teens and children each year. Also, we are known for our quality services throughout the entire Capital District. While we accept some insurances for payment, we also provide many hours of services free or at low cost. The demands for counseling continues to grow and we promise you, that your financial gift will make a difference in someone's life. We thank you for on-going support and appreciated your gifts no matter what amount.

We wish you a happy and peaceful holiday season and a great New Year ahead.

Sincerely,  
  
Sebastian Huemer  
President  
Board of Directors

Yours truly,  
  
Marilyn Wheeler  
Executive Director

\*\*\* CARE IS OUR MIDDLE NAME \*\*\*

## **Counseling Care & Services, Inc.**

405 Vliet Blvd. Cohoes, NY 12047 (518) 237-4263

Your special gift helps someone in need receive counseling. Please make checks payable to *Counseling Care & Services, Inc.* and mail to the address above. Thank you!

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

This gift is made  In Memory of  In Honor of \_\_\_\_\_