



HEARTLAND COUNSELING SERVICES INC

December 2022

Dear Friends and Family,

As we continue to live in a world of uncertainty and hardship, many continue to ask **“Why?”**

... *Why me? ... Why you? ... Why them? ... Why now?*

But despite the hardships, the uncertainties, and the why's **many are also taking action**, and using that “why” to tackle their next challenge or get them through the next moment or the next phase in life.

What is your why and how will you use it in a positive light? Here's how some have turned their “why's” into action thanks in part to donors like you and Heartland services...



After nine months clean and sober, a once homeless mother is now getting mental health treatment, is living in **stable housing**, is **working**, staying **healthy**, and can now **care for her own daughter**.

From living in the mission to now being **stable and housed** for three years, John* allowed Heartland's Case Specialist to help him gain his SSDI and **barely needs our support services**.



Despite living on the streets and unsuccessfully working with two other agencies, Tina* has now been **successfully housed**, has **started therapy**, and is working towards her **mental stability**.

Why is your gift important? **Your gift helps turn lives around, rebuilds families, and heal hearts like these.** Your gift allows Heartland to wrap services around those struggling – services that are not covered by insurances yet necessary for full recovery and mental stability. You will be making a difference and taking a stance on the importance of positive mental health.

As Heartland embarks on the new year, we reflect on the many successes like these, we take solace in knowing many are actively making strides to improve their mental health, and with your support we set our eyes on the future in our new building and expanded capacity to help even more in our community.

We invite you to take action, to be part of that future and to invest in the mental health of our community. Your donation today is providing hope and saving lives.

Sincerely,

Jennifer J Jackson
Executive Director

Jennifer L Hart
Director of Development

*Names have been changed for anonymity.

Changing Lives. Healing Hearts. One Day at a Time.

Heartland Counseling Services, PO Box 355, South Sioux City NE 68776

402-494-3337 | www.heartlandcounselingservices.org | www.facebook.com/HeartlandCounselingServices