Mental Wellness

**Send on:**  Tuesday, JAN 2

**Topic**: Mental Wellness

**Subject line**: The Difference a Year Can Make

**Body**:

*This week’s CFC Cause of the Week is Mental Wellness.*

**The Difference a Year Can Make**

Mid-winter and the holiday season can be a very challenging time for a lot of people. With only a few weeks left to GIVE HAPPY through the CFC, now is a great time to donate.

Sarah was trapped in dangerous cycle of addiction, abuse, and homelessness.

Then, she found a CFC-participating charity that offered women like her a place of solace.

Staff encourage, counsel, and give hope to the women who enter their doors.

Residents like Sarah spend 6 to 12 months in a faith-based treatment program. They attend classes, receive counseling, work in the vegetable garden, and tend farm animals.

When Sarah left the program, she was unrecognizable. She was glowing, smiling, and full of joy.

**Do you want to help everyone live the healthiest possible life?** [Donate today](https://cfcgiving.opm.gov/welcome)**.**

Learn more about [Mental Wellness](https://givecfc.org/mental-wellness) and visit the [Virtual Charity Fair](https://givecfc.org/virtual-charity-fair?field_charity_name_value=&field_cfc_number_value=&field_cause_of_the_week_target_id%5B%5D=107&field_charitytype_target_id=All).