

THIS MOTHER'S DAY, give your mother the gift of helping others.

Mothers are often our first counselors who show us how to cope with all we encounter growing up. This Mother's Day give a gift to For All Seasons in honor of your mother and support all mothers who may need a helping hand.



\$40 COPING SKILLS FOR A NEW MOTHER

The pressures of becoming a new mom can be overwhelming. Therapy can help provide the coping skills needed when that pressure becomes too much. With a gift of \$40 you can help cover the co-pay for a mother to meet with a therapist who can teach her these new life skills.



\$25 TOYS THAT HELP

Therapists often use toys, stuffed animals or art supplies to help children express their feelings when they can't use words as a way to communicate. With a gift of \$25 you can help the For All Seasons therapists be prepared with items they need to help children heal.



\$15 EMPOWERMENT TOOLS FOR GIRLS

Empowering girls to take control of their future is critical in creating strong capable women! Through meeting female community leaders and learning self-defense techniques, our teen group teaches young women self-confidence and strength so our leaders of tomorrow know they can do anything. You can sponsor supplies for one week's group session with a gift of \$15.

DONATE TODAY in honor of
your Mother! [Click here](#) ▶

If you would like a note emailed or sent to your mother alerting her to this gift, please email your mom's contact info to [Monika Mraz](#).

The items in this message represent some of the projects and tools that compose our work every day. Allowing us to deliver comprehensive and holistic help to those in need, your gift will be used where and when the need is greatest. For All Seasons, Inc. is a 501(c)3 nonprofit organization. All contributions are tax deductible to the full extent of the law.

NEED HELP? WANT MORE INFO ABOUT FOR ALL SEASONS? CALL 410-822-1018