



SoundCommunityServices

Hope

to make a difference?

We do too.

Join the **Giving Tuesday Movement** on **November 27th** by donating towards our efforts to bring **HOPE** to those who have lost it all.

soundcommunityservices.org/donate

#givinghope

21 Montauk Ave, New London, CT | 860-439-6400



"My kids, (three ranging in age from 14 to 21), went from having a mother who was terrified of everything, to a mom who can show up for them. Who holds down a job and can go where they need me and stand up for them, if they need that. Even small things! Like if my mom wants cookies I can run to the store for her. I can't thank them enough for everything they've done. Derek Rock, my employment specialist, gave so much emotional support when I was going to job interviews. They helped me believe that I can do what I set my mind to. **In my eyes, Sound helped me become me.**"

- Kathleen, a client of Sound Community Services



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**Be a part of our story by giving back
on Giving Tuesday, November 27th**

**To donate, visit:
soundcommunityservices.org/donate
[#mygivingstory](https://twitter.com/mygivingstory)**

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"I gave up hope. But y'all didn't give up on me. The doctors and therapists didn't give up on me. And I said, **'Well then, why am I going to give up on me if you want?'**"

- Erik, an artist and client of Sound Community Services



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"When I first came here in 1995, I was so scared. They offered help, but also activities that would get people's minds off things - going bowling, going to see a movie. As time went on, I decided, 'Okay, these are good people.' I started making friends, **I started getting motivated to get through life.**"

- **Matthew, a musician and client of Sound Community Services and two time winner of the Recovery Week Talent Show**



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