



Knowing You Matter



FROM THE DESK OF CINDY KULLMAN



Dear Friends,

I hope this letter finds you well. Your generosity has been instrumental in supporting our mission to make a positive impact on the lives of countless individuals by fostering hope and mental wellness to prevent suicide and helping loss survivors of suicide process grief. Today, I want to talk to you about something incredibly important: the power of recurring monthly donations.

At Knowing You Matter, we firmly believe that every person deserves to know they matter. But the need is ongoing, and to continue our vital work, we need your help.

By becoming a monthly donor, you can amplify the impact of your contribution. Your consistent support allows us to plan ahead, knowing that we have a steady stream of resources to fulfill our commitments. It means we can focus more on our programs and less on fundraising, ensuring that every dollar goes directly to where it's needed most.

Your monthly donation of \$25 or more can help us continue our mission and ensure that **everyone we serve knows they matter**. Will you join us in this journey? To set up your recurring donation, simply visit our website at www.KnowingYouMatter.org.


Thank you for your unwavering support and commitment to our cause. Together, we can create a world where everyone knows they matter.

With gratitude,

Cindy



HERE ARE JUST A FEW REASONS WHY MONTHLY DONATIONS MATTER



Sustainability : Monthly donations provide a stable foundation for our organization, allowing us to allocate resources efficiently and sustainably.

Impact : Even small monthly contributions add up to significant support over time, enabling us to reach more individuals and make a lasting difference in their lives.

Convenience : Setting up a recurring donation is easy and hassle-free. Once it's done, you can rest assured that you're continuously supporting our cause without any extra effort.

YOUR RECURRING DONATION WILL SUPPORT THESE VITAL PROGRAMS



Community Outreach continues through suicide prevention trainings and conferences, wellness forums, mental health resource fairs, and speaking engagements. We have multiple partnerships with local organizations related to mental health agencies and school districts.

Hope Bags are given to people who have struggled with suicidal ideation, survived a suicide attempt, or lost a loved one to suicide. Hope Bags bring comfort through thoughtful, self-care items and also provide information about local resources available. Hope Bags are distributed to individuals and through school counselors.

Grief and Trauma Process Groups are designed to help suicide loss survivors work through their grief and trauma regardless of which stage of grief they are in.

Storytelling Videos tell the stories of individuals affected by suicide to help break the stigma surrounding this topic and bring hope to others who are struggling. Storytelling videos are shared at suicide prevention conferences, our YouTube Channel and social media.

Knowing You Matter exists for the purpose of showing YOU... the one considering, the one who's survived, and the family and friends of the lost... MATTER, through community outreach and support.

Checks can be made out to Knowing You Matter. Please send to: PO Box 1384, Arroyo Grande, CA 93421.

