



Happy New Year!
Thank you for your support !

Rooted in Compassion

In 2025, together we provided thousands of hours of life-saving counseling and bridged the gap for families who thought mental health support was out of financial reach.

None of this work happens alone. Every breakthrough, every moment of healing, and every life changed is made possible by a community that believes mental wellness is a right, not a privilege.

To our partners, supporters, staff, and volunteers: we thank you. Your generosity fuels this work, and we are endlessly grateful to walk this path toward healing together.

The Heart of Thaar Care: Honoring Our Team

We want to extend our deepest appreciation to the Thaar Care team for the life-changing work they do with our clients every day. While their professional dedication is profound, it is their selfless commitment to volunteering within the community that truly sets them apart.

By showing up where our clients live, work, and grow, our team stands side-by-side with the very people we serve. This presence fosters the deep roots, trust, and connection necessary for true, lasting healing.

To our incredible staff: thank you for your unwavering time and your passion for mental health awareness. You are more than just providers—you are the heartbeat of our mission and a reminder that when we lead with compassion, we make a world of difference together.







Reduce Stigma by normalizing the conversation and equating mental care with physical care.

You can be the difference. If a friend or family member is having a hard time, help them connect with the **988 Lifeline**. Supporting someone can be hard on you, too. **Take care of your mental health** and reach out for support if you need it.

Connect with us!



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