

**BIPOLAR INSIGHTS / Mental Health Educational Center**  
**19<sup>th</sup> Anniversary Fundraiser**  
Educational Center for Individuals, Families, and the Community  
*We focus on all Mental Health Illnesses*

Dear Friend,

Bipolar Insights/Mental Health Educational Center helps thousands of men, women, children and families access life-changing and life-saving resources when they need them the most. Our Reach Out services, educational classes, Crisis-in-Training program, and teachings on YouTube are about restoring self-respect and dignity. It is the avenue for achieving personal goals and fulfilling an individual's purpose.

Our goal for 2017 is to raise \$15,000 to support critical services. I am hoping you will help us reach this goal by making a tax-deductible donation to our campaign with a monthly donation or a one-time donation. You can donate online at bipolarinsights.com, or mail a check payable to Bipolar Insights, 897 Union Street, Placerville, CA 95667. Thank you for your support.

I would like to introduce you to two special people---Marie and Ray. Each of them found their way to our classes and each of them has changed their lives.

Hello, my name is Marie

When I was first diagnosed with schizophrenia, no one told me what it was or what to expect. I was simply given medications that I didn't understand and sent on my way.

One day I saw a notice for Bipolar Insights/Mental Health Educational Center. I decided to try the class. Marcia spoke about mental illness and medications available. Finally I began to understand my illness, and when that happened, my life changed. I have now managed my illness for 15 years.

Thank you, Marcia

Hello, my name is Ray

I am a veteran diagnosed with PTSD (Post Traumatic Stress Syndrome). This was embarrassing to me, because as a Vet who fought in a war, I thought this condition meant I was weak. I was ashamed.

A friend who was attending a class with his wife who has a mental illness asked me to come to the class. I was reluctant until he said the class was great therapy. So I went. Marcia stood in front of the class and said, "Don't let your illness define you. You have value and worth. This is what you have, not who you are!" My life changed then, and I can stand tall once again.

Thank you, Marcia

Sincerely,

Marcia Rose Founder, CEO  
Bipolar Insights / Mental Health Educational Center

Your donation is tax deductible. All proceeds benefit Bipolar Insights / Mental Health Educational Center, a non-profit corporation located in Placerville, California. No goods or services were received for this donation.

Monday Class at 7pm  
Green Valley Community Church  
3500 Missouri Flat Road, Room 304, Placerville, CA 95667

Events on Tuesday (check website)  
Marshall Medical Building  
681 Main Street, Placerville, 1<sup>st</sup> Floor Common Area, CA 95667



## 19th Anniversary Fundraiser

**THANK YOU • We Appreciate your Generosity!**

*Giving is not just about making a donation. It is about making a difference.*

### We focus on all Mental Health Illnesses

For more information contact

Marcia Rose, CEO

Founder of Bipolar Insights / Mental Health Educational Center

Kindred Spirit Corp DBA Bipolar Insights  
Tax # 68-0461768

- Check YES, I want to help Bipolar Insights with a monthly donation of \$ \_\_\_\_\_
- Check YES, I want to help Bipolar Insights with a one-time donation of \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City State Zip \_\_\_\_\_

Email Address \_\_\_\_\_

- Check if you would like to receive our newsletters

Tax-deductible donations can be made [ONLINE bipolarinsights.com](http://ONLINE.bipolarinsights.com)

Or mail your check to: 897 Union Street, Placerville, CA 95667

**Bipolar Insights / Mental Health Educational Center**  
**bipolarinsights.com trust@bipolarinsights.com 530-642-0859**

May 2017

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