

The Difference You Make

With so many worthy causes out there to support, it can sometimes be difficult to see the true impact of your generosity. You know your money is going toward “good”, but what, specifically, does that mean?

Over the past few weeks, CrossWinds’ Development Team has worked to illustrate the importance of each donation by interviewing individuals and families willing to share about their treatment journeys. The story below comes directly from the parent of one of our clients:

A mother shared her family’s journey of navigating her son’s struggles with severe mental illness and substance abuse. His challenges began in high school, when he started self-medicating with dangerous drugs. Over time, his behavior became increasingly erratic and unpredictable, leading to repeated arrests, jail time, and extended hospital stays. The family lived in constant fear, uncertain of what might happen next, and found themselves exhausted, overwhelmed, and unsure where to turn.

Everything began to change when her son was referred to CrossWinds and moved into Evergreen, the agency’s residential program. There, he received support from case managers who helped him find stability, access proper medical care, and manage his medications. Staff worked alongside him to secure housing, ensure he stayed on treatment, and encourage him to pursue new opportunities. Today, he is even enrolled in school, something his family once thought impossible.

“It’s money so well invested. The money is never wasted. They’re on a shoestring budget, but they manage it well. It changes a person’s life. They truly are saving the life of the client and making an incredible difference in an entire family.”
-Mother of CrossWinds’ Client

She described how staff treat him with deep compassion and “like their own son”, meeting him with his medications twice a day, arranging transportation so he can visit family, and ensuring he feels supported on difficult days.

Your support fuels this kind of transformation. Donations can help provide food and supplies to those in need, cover treatment costs for those who would go without care, and fund early interventions for children who might otherwise face a lifetime of mental illness. **But at their core, your gifts do more than sustain programs and services—they restore lives, strengthen families, and rebuild hope.**

We invite you to continue walking with us in this work. Whether through a one-time gift or a pledge of long-term support, your contribution ensures that healing remains possible for families like this one.

With gratitude,

Amanda Cunningham

Amanda Cunningham
 CEO, CrossWinds
 Counseling &
 Wellness



Every day, gifts from supporters like you make stories of healing and renewal possible for individuals and families across our communities! Consider filling out the form below to help us continue this important work.



Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone Number: () _____
 Email: _____

I would like to become a member of the CrossWinds Wellness Foundation

Partner \$1000 per year for 5 years
 Visionary \$10,000 per year for 5 years
 Leader \$5000 per year for 5 years

I would like to make a 1-time Donation \$ _____

I would like to make my payment as follows:

Bill me with mailed invoice
 I will attach a check for \$ _____
 Monthly bank draft (form will be mailed)
 Charge my card
 Contact me about a different form of payment

CC# _____
 Exp. ____/____ CSC _____ Zip _____

Signature _____
Thank you for supporting CrossWinds

CrossWinds in the Community

It has already been a busy and rewarding fall at CrossWinds. Participating in community events, supporting our clients, and advocating for mental health at the state and national level has kept our team hard at work strengthening connections and spreading awareness. This season began with participation in the United Way's Small Business Blitz, where staff joined local partners to raise support for vital community programs. Soon after, our team collaborated with Emporia's Walmart to host a food and supply drive, collecting and distributing a record amount of food and hygiene items (13 shopping carts worth!) to adult clients in need.

We also had the pleasure of visiting Emporia State University during midterms, where CrossWinds staff passed out drinks, snacks, and mental health resources and gave students rides to class in golf carts provided by Champions Landing. The event brought smiles, stress relief, and a bit of fun to a busy week on campus.

Our staff recently returned from the annual ACMHCK conference in Wichita, where we networked and shared ideas with other community mental health centers across Kansas. And in Washington D.C., CrossWinds representatives took part in Hill Day, meeting face to face with legislators to advocate for stronger mental health policy and continued support for rural behavioral health services.

We are proud to be part of the communities we serve and grateful for the opportunities to connect, learn, and give back. We hope to see you soon at one of these upcoming events!



Upcoming Events

- Oct. 25th – H.O.T.T. Dia de Muertos
11 a.m. - 3 p.m., Downtown Emporia
- Oct. 30th – Coffee and Conversation
9 a.m. – 11 a.m., Marsha's Floral (110 E. 3rd St., Eureka)
- Nov. 8th – Freedom Fest
7:30 a.m. – 4 p.m., All Veterans Memorial
(931 S. Commercial St., Emporia)
- Nov. 11th – Veteran's Day Parade
9:30 a.m., Downtown Emporia
- Nov. 20th – Coffee and Conversation
9 a.m. – 11 a.m., HeBrews CoffeeHouse
(313 Broadway St., Cottonwood Falls)
- Dec. 2nd – Emporia Area Chamber Christmas Parade
6:30 p.m., Downtown Emporia



Please Cut & Place in Included Envelope