



**ALDERSGATE**  
COUNSELING · OUTREACH · PREVENTION EDUCATION

## **Message to the Community**

**The Board and Staff of Aldersgate wish to let the Community know that we extend our deepest care and compassion to all of you in these most challenging times. Aldersgate for almost 50 years has been committed to healing. We have done this by helping individuals to grow and heal within themselves. The services we provide help children, couples, families, and others to learn how to reach out to each other in more effective and harmonious ways.**

**We recognize how hurt, fear, anger, bias, prejudice, oppression and judgment can get in the way of people seeing others as themselves and treating others as they wish to be treated. But it's important to remember that we are, after, all, just people on a shared journey through life seeking love, acceptance, and respect from others in our midst. Overwhelmed from coping with the pandemic, we sadly witnessed the shocking unnecessary death of an African American, George Floyd, on television. This has triggered long, deep seated feelings of outrage and injustice.**

**We cannot remain silent in this matter because silence represents complicity. We affirm our solidarity with this movement. We denounce abuse of power and policies that perpetuate the protection of those who exploit the trust and responsibility gifted to them by the community. We too are reeling from the pain of this atrocity. We are committed to listening and helping to heal the hurt inflicted on so many of us. We are here for you! We are committed to the abolishment of institutional racism and the establishment of unity, harmony, and well-being for all human beings. We are here for you!!!**

# QUOTES OF INSPIRATION

**"LOVE DOES NOT BEGIN AND END THE WAY WE SEEM TO THINK IT DOES. LOVE IS A BATTLE, LOVE IS A WAR; LOVE IS A GROWING UP."**

**-JAMES BALDWIN**

If you're always trying to be **normal** you will **never know** how **amazing** you can be.

- Maya Angelou



Goalcast

**'Intelligence plus character — that is the goal of true education.'**

**-Martin Luther King Jr.**

**"IT'S NO USE OF TALKING UNLESS PEOPLE**

**UNDERSTAND WHAT YOU SAY."** **-ZORA NEALE HURSTON**

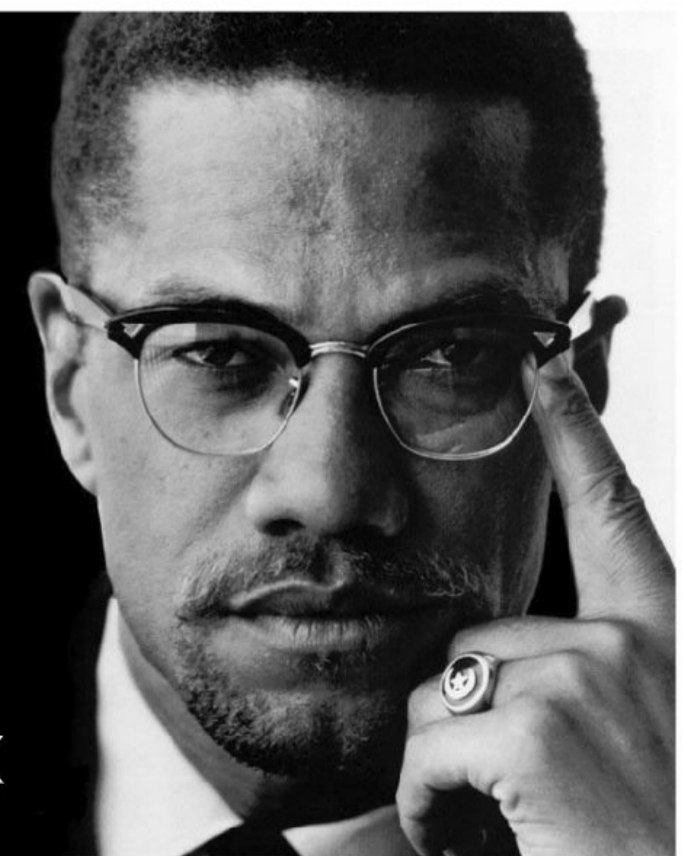
You have to act as if it were possible to radically **transform the world.** And you have to **do it all the time.**

- Angela Davis

**"IF THERE'S A BOOK YOU REALLY WANT TO READ, BUT IT HASN'T BEEN WRITTEN YET, THEN YOU MUST WRITE IT."** **-TONI MORRISON**

"There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance next time."

~ Malcolm X



**Need Help Access Crisis: 1-855-634-HOPE (4673)**

**SAMHSA: [www.samhsa.gov](http://www.samhsa.gov)**

**Veterans Crisis Line: 1-800-273-8255**

**Suicide Prevention Hotline: 1-800-273-8255**

**Blacklivesmatter.com @Blacklivesmatter**