



Change for Change

**Together we can make
amazing things happen.**

What is "Change for Change?"

It's a fundraiser that DBSA started in 2003 to support our programs and services. We're bringing it back because it was such a success! Please participate by using the enclosed bag to **collect spare change** from your pockets or purse at the end of each day - and don't forget that dollar bills are great, too!

Bring the bag with you to the Illinois, New Jersey or Texas conference where, combined with other contributions, we'll join together and help those living with mood disorders. Help us celebrate DBSA's 20th anniversary and show how --

"Together we can make amazing things happen!"

Here's how you can help.

Save money you've collected by recycling cans or bottles in your neighborhood or skip that one soda or coffee per day, even one per week! Join together with members of your DBSA support group or ask friends and coworkers to join in. Get family members to help by donating their spare change, too. It's also a great way to get kids involved with helping others.

What can some spare change or a few bucks do?

Great things! Over the past two years, we've raised over \$3,500 dollars that was used to provide hope, help and support to thousands of people. Your contribution, whether large or small, assists us in reaching those people through our support groups, website, publications, and toll-free information line.

Every little bit helps, but we understand that sometimes even the smallest donation is not possible. Keeping yourself well and joining DBSA in its mission to improve the lives of people living with mood disorders by supporting others striving for wellness is truly contribution enough.

Bring your *Change for Change* bag to the conference and deposit it in the special box located in the conference registration area. If you wish, you may count your change before you leave home and bring a check payable to DBSA with you.

If you are unable to get to a conference -- but would like to participate in the *Change for Change* program, simply count the change you've collected and send a check or money order payable to DBSA to the address below. You may send your bag of change, but we recommend sending a check or money order, as the postage will be less.

If you are unable to attend a conference, mail your contribution to:

Depression and Bipolar Support Alliance

Change for Change

730 N. Franklin Street, Suite 501

Chicago, IL 60610

Additional bags are available to share with family, friends, co-workers and fellow support group members. Contact DBSA by emailing giving@DBSAlliance.org or calling (800) 826-3632. Thank you!