Crystal was exhausted. She hadn’t had a decent night’s sleep in a very long time. Her youngest child, Zak, had a sleeping disorder which significantly affected his sleep patterns. He only slept for a couple of hours a night and not at all during the day. He spent most of this time perched on Crystal’s shoulder or laying in the baby swing. Crystal was existing on short naps and doing everything in her power to make it through each day. Crystal felt a kind of tired that most people never experience. Because she suffered from bi-polar disorder, getting enough sleep was critical for her mental well-being. Sleep deprivation could trigger depression or mania, and she felt trapped in a cycle that she couldn’t sustain. It was a heavy, crushing feeling.

A friend implored her to call the Nursery. A few days later, after Zak had been screaming for hours, she picked up the phone. It was scary, but she knew it was the right thing to do. Her voice shook as she asked the person on the other end of the line for help.

Crystal came to the Nursery, carrying Zak in her arms and her two other children in tow. The children stayed at the Nursery for three days. That first day, Crystal slept for 15 hours straight. She got a full night’s sleep the next two nights as well. Crystal was elated when she returned to the Nursery to pick up her boys. She felt reenergized; ready to be the mom that they deserved.

Zak’s doctors found the right medication to help Zak sleep better. He slept for longer periods of time, which was a game changer for Crystal.

Crystal returned to the Nursery almost monthly. Those three days of respite allowed her to replenish and be ready to lovingly take care of her boys. Between her visits, she often called the helpline for support.

“The Nursery was a gift. Without it, I honestly don’t know if my family would have stayed together.”

Crystal’s children are grown now. Zak works at a local supermarket, her other son is in the Army, and her daughter, now has children of her own, making Crystal a grandma. Crystal couldn’t be prouder.

You help families like Crystal’s everyday. It’s because of you, and your support, that the Nursery can be a resource for parents like Crystal.
I hope you read Crystal’s story. It is one of countless stories of families who come to the Nursery when they’re feeling alone, exhausted, or hopeless.

I also hope that you know that you are the Nursery. Your involvement and commitment to those children and families is undeniable.

We are humbled that you choose to share your gifts with us. Without you, families like Crystal’s may not make it through tough times. Because of you, parents can get the rest they deserve. They also have someone who is always there to listen, without judgement, to help them through the tough times; someone who genuinely wants to help them. You are making that possible. You are the reason a single mom doesn’t feel so isolated. You are the reason a child has a safe place to sleep, grow, and play. You are the reason families like Crystal’s stay together.

The Nursery is an extended family to those who may not have others to lean on. You are a part of this family, and you make this family possible. Thank you.

Mary Pat Lee
Executive Director

When you Give to the Max this November to help local children and families, your gift will be matched dollar for dollar.

Visit www.crisisnursery.org/GTMD between November 1-14.

Many employers offer matching gifts to help their employees make a difference in their communities. Visit www.crisisnursery.org/donate to see if your company will also match your gift.

Make a child’s season brighter!

The Holiday Helper program makes gift giving possible for families who access the Nursery during the winter season of giving. Learn more at www.crisisnursery.org/HolidayHelper
WHAT A DIFFERENCE YOU HAVE MADE!
Volunteers are making amazing things happen at the Nursery!

A REMARKABLE FEAT
TOGETHER, YOU DONATED OVER 23,000 VOLUNTEER HOURS THIS PAST YEAR

THANK YOU FOR FILLING LITTLE BELLIES!

- ALMOST 70% of meals were prepared by Cook for Kids volunteers
- THAT’S OVER 700 nutritious, homemade meals
- ADD IN THE 350 snacks that volunteers prepared
- YOU SAVED THE NURSERY OVER $85K IN FOOD COSTS

WELCOME NEW VOLUNTEERS!

90 NEW
Cook for Kids teams

90 NEW
Creative Snack for Kids teams

30 NEW
Child Care volunteers joined the Nursery

"Best day EVER. Just finished volunteering — so fun and rewarding!"

BE A PART OF THE FUN!
Visit crisisnursery.org/volunteer to find a fit that’s perfect for you.

CALLING ALL THRIVENT MEMBERS!

You have the power to help direct where Thrivent distributes its charitable funding. Share your belief in Greater Minneapolis Crisis Nursery by directing Thrivent Choice Dollars to the Nursery. Visit Thrivent.com/ThriventChoice to recommend where Thrivent gives back!

CHEERS TO A WONDERFUL EVENING
Thanks to everyone who joined us for the 15th Annual Harvesting Hope wine tasting event. Hundreds of you came together to show your support for this critical work. A special thanks to our Gold Sponsors, Bellisio Foods and RBC Wealth Management.
GIVE AN HOLIDAY CARD THIS HOLIDAY SEASON FROM GREATER MINNEAPOLIS CRISIS NURSERY.

Double the joy of giving and brighten the life of a child. Your holiday greeting benefits children at risk and supports Greater Minneapolis Crisis Nursery’s mission to end child abuse and neglect and create strong, healthy families.

To order, complete and mail the order form on the next page, visit crisisnursery.org/holidaycards or call 612-767-8468.
BECAUSE OF YOU...

Someone ANSWERED EVERY CRISIS CALL – **ALL 3,808 OF THEM.**

Parents could **ASK THE NURSERY TO CARE FOR THEIR CHILDREN 1,283 TIMES.**

Children were **TUCKED INTO BED 5,746 TIMES.**

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**LOOK INSIDE TO SEE WHAT OTHER AMAZING THINGS YOU MADE POSSIBLE**

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