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"There were times when I felt utter despair. I thought my child was never going to be able to go to school or have friends. I couldn't understand how we would cope. Those were very dark days".

- Lucas' Mom

With so much turmoil in the world right now, we want to lift your spirits by sharing a story of hope, resilience, and transformation that unfolded thanks to the generous support of people like you.

We are deeply grateful to have you in our community of donors who demonstrate their commitment to children's well-being. But the need for mental health services remains extremely high.

We need your help today to support more children like Lucas.

Lucas, adopted as a baby, was only three when he first began to display signs of anxiety. Within months the symptoms escalated, and the once joyful toddler started avoiding people, stopped enjoying regular activities, and began to experience severe separation anxiety.

"We couldn't leave him with anyone, even close relatives, without traumatizing him. Outings became challenging as Lucas was terribly anxious around crowds. Every aspect of our family life changed, and we didn't think it would ever return to normal".

Lucas' overwhelmed parents, Lauren and Bryan, sought urgent help to understand if it was an adoption-related issue, normal childhood anxiety, or a deeper concern. They worked with their family doctor, who eventually referred them to the George Hull Centre. After six months on the waiting list, they finally had access to professional mental health care.

This holiday season, will you help us alleviate the suffering of families like Lucas' and give the gift of mental wellness?

For the first time, the parents felt a sense of relief knowing the family had the support they needed during this crucial time and that it would be available as long as necessary.

"I don't think Lucas said more than a few words in the first weeks of therapy as he had such a difficult time trusting others. If we were paying for each visit, we definitely would have given up at that point."

Over many months, Elina, a dedicated George Hull Centre clinician, worked with Lucas to gain his trust. She became the family's mental health guide, conducting therapy sessions, recommending various programs, and sharing useful tools and resources. They became a team that together managed existing issues and tackled new challenges. "I believe that the Centre's family-focused treatment approach was what made such a difference. There is something very organic and powerful in doing this as a family."

The Centre's diverse programs allowed for customized treatments to address Lucas' evolving needs, whether it was his anxiety, emotional management or essential relationship skills. The George Hull Centre adoptive parents seminar transformed Lauren's parenting by shedding light on how trauma can affect adopted children. And when Lucas' father struggled with anxiety and depression linked to past trauma, the clinician was able to provide support, strengthening the father-son bond and preventing a worsening cycle of mental health issues for the entire family.

The knowledge received at the Centre allowed them to develop a common language and create long-term strategies to manage ongoing mental health challenges. "I can now ask my child, how is your mental health today? 'It's a six'. Ok, let's talk about it, what's going on?". It normalizes the ups and downs we all have and helps us as a family focus on repair and moving forward. This learning has been invaluable to us."

It's been eight years since the family embarked on their journey with the George Hull Centre, and the once-dark days are now filled with hope and healing. **Your holiday gift today can help families like Lucas' reduce unnecessary suffering and transform their lives.**

While every day is not perfect, Lucas is now well-equipped to deal with his challenges. From a young boy trapped in the grip of anxiety, he has transitioned to a teenager who understands and embraces the importance of mental health. He has even become more compassionate towards others who may be struggling.

To this day, Lauren still thanks the family doctor who referred them to the George Hull Centre. It ultimately changed the trajectory of Lucas' mental health, his life, and the life of his family.

"If it wasn't for the George Hull Centre, I don't know where we would be today. We feel so blessed. It is the greatest gift we could have ever received."

Your ongoing support as a donor has played a pivotal role in this success story. But there are countless other families like Lucas' desperately waiting to access critical mental healthcare.

The need is urgent. [Please donate today.](#)



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**Changing the
trajectory of children's
mental health.**