



Dear Friend,

“Common Ground has helped me emotionally and physically. The chair massage program is so much more than massage for me. The Massage Team taught me how to keep myself healthy. Their emotional support and guidance actually saved me by teaching me how to take care of myself. Because of them, I got my G.E.D. They were my support system. They kept me encouraged and talked to me during the times that I wanted to give up. They kept me going.”

~Rosia Parker, Resident of Westhaven~

This is just a sampling of the gratitude we receive from our community for the services that Common Ground provides. We are extending this gratitude to you, as we would not exist without your generosity. **Thank you for helping to build this valuable healing resource for our community!**

Since opening our doors at the Jefferson School **we have served more than 7,000 individuals** with more than 60,000 healing services. We partner with a number of organizations, including The Women’s Initiative, Sin Barreras, Public Housing Association of Residents (PHAR), Westhaven Nursing Clinic, Region 10, and Sentara Starr Hill Health Center. We estimate that **thousands have experienced new levels of wellness** with our affordable yoga, meditation, massage, and acupuncture.

In 2017 we received a small grant from Heal Charlottesville (a project of the Community Foundation) to support those who experienced trauma during August 12. Providing healing services was our way of helping our community to recover from those horrific events.

For ten years we have been teaching yoga classes at the Fluvanna Correctional Center for Women. In 2018 we launched a Yoga Teaching Training program. Sixteen incarcerated women are now certified to teach yoga in their communities.

We have more work to do at Common Ground and your support is key! As you can see from the attached 2018 Performance Report, our impact is felt throughout the community. **We do quite a bit with very little.**

But we do have a shortfall to meet and need your help. Our volunteer board of directors has pledged to do our part to make sure that Common Ground succeeds. **Please join us and be part of our future by making a donation today.** You can give by check with the enclosed envelope or at <https://www.commongroundcville.org/donate/>.

We thank you in advance for bringing health and wellness to our greater Charlottesville community. Your gift is deeply appreciated.

In gratitude,

Dr. Megan Bloom

Dr. Julie Connelley

Ken Horne

Zoe Krylova

Melissa Meece

Sarabeth Whedbee