

# Compassion in Action

## PAJAMA JAM

### PROJECT OVERVIEW

Pajama Jam provides a unique opportunity for our children and families to come together to celebrate their successes of the past year and welcome the year ahead. Regardless of religion or creed, all children and families can enjoy Pajama Jam festivities including music, dance, food, gifts, and most importantly, community.

For children and families who fall below the federal poverty line, who are raised in unsafe or unstable homes and communities, and who live day-to-day without their basic needs being met, the holiday season is often accompanied by depression, loneliness, grief, trauma, and confusion.

CNS Healthcare's Pajama Jam provides these moments of joy, hope, and connection by bringing our children and families together to create new memories and family traditions together. It shows the children that people do care and are willing to make the effort to ensure everyone has a bright holiday memory.



### OUR MISSION

CNS Healthcare provides essential services and support to those affected by mental illness, substance use, intellectual / developmental disabilities, and emotional disorders.

We are committed to advancing integrated mental and physical healthcare and eliminating stigma through advocacy, education, and community outreach. We empower all children and adults served to become active and productive members of their communities.



### TRANSFORM YOUR COMPASSION INTO ACTION

Transform your compassion into action and help CNS provide a day camp environment where children with significant emotional disturbance and intellectual and/or developmental disabilities can thrive, using outdoor recreational activities combined with behavioral and therapeutic programming to teach and reinforce positive social skills and behaviors.



### THANK YOU

Thank you for taking the time to consider CNS Healthcare's Compassion in Action program for your annual funding.

If you have any questions or suggestions regarding Pajama Jam, our other Compassion in Action events, or other ways to support CNS Healthcare, please contact our Fund Development and Grants Coordinator at [MarketingFD@cnshealthcare.org](mailto:MarketingFD@cnshealthcare.org).



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