Dear Family and Friends, I need your help in supporting a very worthy cause. I would like you to sponsor me as I run in the ING New York City Marathon for

Tuesday's Children

on November 6, 2011.

Tuesday's Children is a non-profit family service organization that has made a long term commitment to every individual impacted by the events of September 11, 2001 and more recently those who have been impacted by terrorist incidents worldwide. Since 2001, Tuesday's Children has promoted healing and recovery by strengthening family resilience, providing individual coping and life management skills and creating community through programs, mental health support and family engagement opportunities.

Through the First Responder Alliance, Tuesday's Children serves the heroic first responders that worked tirelessly at Ground Zero. Many now exhibit physical and mental health issues, including chronic respiratory ailments, post-traumatic stress disorder, anxiety, depression, cancer and fibrosis. Programming for this population includes health and wellness, stress management, nutrition, career planning workshops, life management and family relationship building and communication. In addition, family events including picnics, sporting events, and community service opportunities help to strengthen bonds.

Project COMMON BOND brings together teens, ages 15-20, from around the world who share a "common bond" — the loss of family member due to an act of terror. This program has hosted teenagers from Argentina, England, Ireland, Israel, Liberia, Palestine, Russia, Spain, Sri Lanka and the United States. This year's program, now in its fourth year, was hosted in Washington DC.

Tuesday's Children has been selected as a Charity Partner in the *ING New York City Marathon*. Tuesday's Children is currently working with 30 runners as part of this very special program. Each runner has committed to raise at least $2,500 in support of Tuesday's Children. Any donation you could make on my behalf for Tuesday's Children would be much appreciated. As the 10th Anniversary approaches the families continue to have a great need for Tuesday's Children programs and services.

Warmest regards,

Mollie Garza

Click **HERE** to make a donation to support **Mollie Garza** in the ING New York City Mara

Don't forget to write "Mollie" in the gift designation box.