

THE DIMOCK difference



Congratulations to our Road to Wellness participants for helping create a healthier Boston!

READY, SET, ROAD TO WELLNESS! The 9th Annual Road to Wellness 5K Run/2-Mile Walk



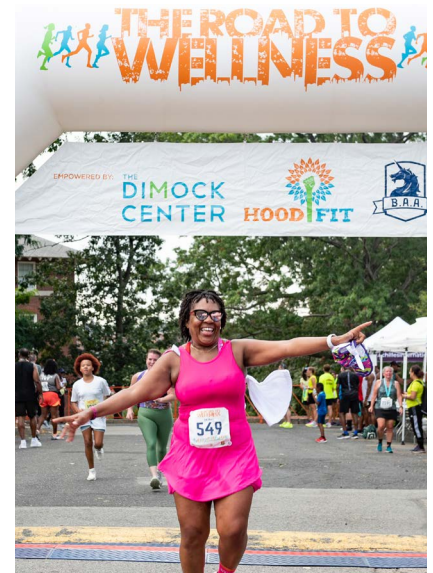
Black Girls RUN! hosted their national meet-up at this year's Road to Wellness, bringing runners and walkers from across the country to Dimock's Roxbury campus.

The 9th Annual Road to Wellness 5K Run/2-Mile Walk this September was our biggest road race yet! Over 900 outstanding runners and walkers came out on race day, and were supported by over 150 volunteers. Dimock was proud to partner with **HoodFit** and the **Boston Athletic Association** once again for this community health and wellness event. This event is made possible by generous lead sponsors, **John Hancock** and **Beth Israel Lahey Health**, whose support keeps the event and 12-week Summer Training Series free of charge for our community.



Above: Stop & Shop's farmers market was a crowd favorite.

Right: Participants beamed with pride as they crossed the finish line.



HISTORIC GIFT GIVES LITTLE ONES AND THEIR FAMILIES A HEALTHY START

An anonymous donor supports Early Intervention with a transformational \$1M gift



This gift will give children like Fernandel a healthy start in life to learn, grow, and thrive.

This year, Dimock's Early Intervention (EI) program received the largest individual gift in the organizations 160-year history. This gift was generously donated by an anonymous Black woman—continuing the historic tradition of women leaders at Dimock.

The EI program offers families with children who have or are at risk for developmental delays a go-to resource at a critical stage of the little one's life. This wonderful gift will help support many EI initiatives, including hiring a bilingual

clinician and staff specialized in autism spectrum disorder. The gift will also fund non-reimbursable supports that EI clinicians provide families, such as helping families find resources like diapers or food assistance.

Thanks to this generous anonymous gift, many more children will benefit from Dimock's EI program for years to come. Thank you so much to our anonymous donor and all of our wonderful donors for caring and advocating for Dimock families. We are so grateful for your kind support!

"I am thrilled to make this leadership gift to Dimock's EI program. Based upon my own experience as a parent of a child who received EI services, I know that identifying learning challenges early is critical to ensuring that children get all they need to develop, thrive and succeed later in any school setting." ANONYMOUS DONOR



PATIENT SPOTLIGHT

"Our counselors help us set attainable goals. When you end up accomplishing them, you feel like anything's possible."

DAVID, JOHN FLOWERS RECOVERY HOME RESIDENT

YOUR GENEROSITY HELPS PROVIDE WARMTH AND COMFORT FOR PATIENTS IN RECOVERY

New socks, underwear and winter gloves needed

Thanks to the generosity of many kind, caring friends, we are able to provide our patients in recovery not only quality medical and mental health care, but also material essentials like clothing and shoes. These items help them start their recovery journey in comfort and dignity. All items in our Clothing Closet are generously donated by community members and sorted with care by volunteers.

Our Clothing Closet stands as a testament to the incredible generosity of our community; **each piece of clothing represents not only material comfort, but also a gesture of kindness and care from one individual to another.**



Robert, a resident in the John Flowers Recovery Home, volunteers at Dimock's new Clothing Closet, where he sorts through generously-donated clothing, books, and other essentials. These items will be given to patients in need of material support.

At this time, we are in urgent need of new men's socks and underwear of all sizes, as well as unisex gloves. These items will help ensure that our residents can brave the cold, continue their daily commutes to work or meetings, and enjoy the outdoors without discomfort. If you are interested in donating any of these items, please contact Barbara Couzens at bcouzens@dimock.org.

THE DIMOCK CENTER

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