



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

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810-985-8900
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Pen Pals for A Purpose

St. Clair County Community Mental Health (CMH) is launching the Pen Pals for A Purpose program to create multigenerational connections in the community while helping to alleviate the consequences of social isolation on mental and physical health created by COVID-19.

The Pen Pals program will help by providing adults and children an emotional outlet while simultaneously bypassing any issues technology may cause. Children and adults will be paired together as pen pals and each will write six letters focused on different uplifting and positive topics. Packets include age appropriate explanations for each topic and optional activities. Example topics include gratitude, love, and hope. Letters will be sent to CMH to ensure that all confidential information will remain private and guarantee anonymity and safety for all participants.

Additional details and the program packets can be found at the links listed below. All individuals are welcome to participate. Adults interested in participating will need to sign an Attestation Form and complete and pass a Background Check at no cost to the participant. Children will need to have a signed Consent Form by a parent or guardian to begin the program. If you have any questions, email Karen Zultak at kzultak@scccmh.org or call (810) 985-8900.

Packets:

For Children aged 6-11: [Packet File](#)

For Children aged 12-17: [Packet File](#)

For Adults 18 and older: [Packet File](#)

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