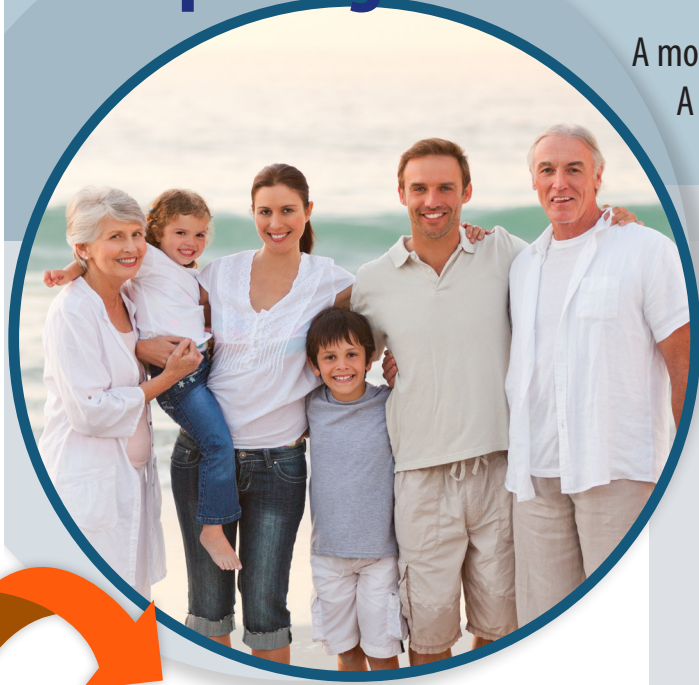


Right now, someone is whispering the words “I NEED HELP”



A mother battling depression who feels like she's failing her children.
A teenager overwhelmed by anxiety and afraid to tell anyone.
A father trapped in addiction, desperate for a way out.

More and more people are finding the courage to reach out for help with substance use and mental health disorders. And when they do, EPIC is there — ready to meet them with compassion, dignity, and real solutions.

For more than 50 years, EPIC has been a lifeline in our community. The care provided here isn't just supportive — it's life-changing. It's lifesaving. It restores families. It gives people back their futures.

But none of this happens without you.

During St. Augustine Giving Day, you have the opportunity to be the reason someone gets a second chance.

Your donation ensures that when someone makes that brave call for help, they are never turned away because of their inability to pay. Imagine finally being ready for treatment — and being told there's no help because you can't afford it. Your gift makes sure that never happens.

Last year, EPIC served over 6,000 people.

6,000 lives.

6,000 families.

6,000 opportunities for hope to replace despair.

Today, you can be part of the next story of recovery. Your generosity will help individuals and families struggling with substance use and mental health disorders find stability, healing, and long-term recovery.

It will help someone return to their family.

Help a teen see a future worth living.

Help a parent come home whole again.

Please don't wait.

Give today. Give generously.

Give because someone's life may depend on it.

Here's how you can help!

SCAN THE QR CODE

on May 6 & 7 to donate or visit:

www.givingday.us/organization/Epic-Community-Services



AND

PROMOTE GIVING DAY 2026

Use your social media accounts to encourage your friends and family to donate and join Giving Day 2026.

1. Download Giving Day 2026 Milk and Cookies campaign at epicbh.org/staugustinegivingday
2. Following us on Facebook and Instagram

Stand with EPIC's mission during
ST. AUGUSTINE GIVING DAY
MAY 6&7

— And be the difference between hopelessness and healing.



Fundraiser

epic BEHAVIORAL HEALTHCARE
Est. 1973 Education, Prevention, Intervention & Counseling

(904) 829-2273x 4003 | epicbh.org

EPICBH [epicbh_staug](https://www.instagram.com/epicbh_staug)

GIVING DAY CAMPAIGN KIT



Father with 3 kids

Support families with ADHD — Donate May 6 & 7 during St. Augustine Giving Day

More parents are bravely reaching out for help — for themselves and their children. The right support doesn't just help... it transforms families. For over 50 years, EPIC Community Services has provided life-changing mental health and substance use care, restoring hope and stability across our community. As a parent, you know how hard it can be to hold everything together while struggling internally. You deserve support — and during St. Augustine Giving Day, you can help make sure no family is ever turned away because they can't afford care.

Last year, EPIC served over 6,000 individuals — 6,000 stories of hope.

Your donation helps families affected by ADHD and mental health challenges heal together.

Support. Real Second Chances. No Pressure. Click the link to donate on May 6 from 9 - 11 p.m.

<https://www.givingday.us/organization/Epic-Community-Services>

#Milkandcookies#StAugustine #givingday2026 #epicbehavioralhealthcare



Post #1 Image: Girl at beach

Support Kids Facing School Pressure & Social Challenges

— Donate May 6 & 7 during St. Augustine Giving Day

More children are struggling with academic performance, peer pressure, and relationships. Behind falling grades or behavior changes, there's often anxiety, depression, or overwhelming stress. The right support doesn't just help — it changes a child's future. For over 50 years, EPIC Community Services has provided life-changing mental health and substance use care, helping kids build confidence, resilience, and healthy coping skills. No child should fall behind or feel alone because their family can't afford care.

During St. Augustine Giving Day, you can help ensure every child gets the support they need to succeed — in school and in life.

Please share this with friends and family to help every child thrive! Your donation helps children navigate academic stress, peer pressure, and relationships with strength and support. Please share this with friends and family to help every child thrive!

Click the link to donate on May 6 from 9 - 11 p.m.

<https://www.givingday.us/organization/Epic-Community-Services>

#Milkandcookies#StAugustine #givingday2026 #epicbehavioralhealthcare



Post #1 Image: teens at the beach

Support Teens Facing Today's Pressures — Donate May 6 & 7 during St. Augustine Giving Day

Teens today are carrying more than ever — academic stress, social media comparison, peer pressure, anxiety, and uncertainty about their future. What looks like mood swings or withdrawal is often a young person silently struggling.

For over 50 years, EPIC Community Services has been a lifeline for teens and families in our community — providing compassionate mental health and substance use care when it's needed most.

No teen should feel alone. And no family should be turned away because they can't afford help.

During St. Augustine Giving Day, your donation helps teens build resilience, develop healthy coping skills, and see a future filled with possibilities. Like and share this post to help us remind teens they are seen, supported, and never alone.

Click the link to donate on May 6 from 9 - 11 p.m.

<https://www.givingday.us/organization/Epic-Community-Services>

#Milkandcookies#StAugustine #givingday2026 #epicbehavioralhealthcare

Stand with EPIC's mission during
ST. AUGUSTINE GIVING DAY
MAY 6&7

— And be the difference between hopelessness and healing.



GIVING DAY CAMPAIGN KIT



Post family at the beach

Support Families in Crisis — Donate May 6 & 7 during St. Augustine Giving Day

Behind closed doors, many families are struggling — communication breaking down, marriages under strain, stress piling up from work, finances, and mental health challenges. When family problems go unaddressed, everyone feels the impact — especially children. For over 50 years, EPIC Community Services has helped families rebuild trust, strengthen relationships, and find healthy ways forward through compassionate mental health and substance use care.

No couple or family should be turned away because they can't afford support. During St. Augustine Giving Day, your donation ensures that when a family reaches out for help, someone is there to answer.

Last year, EPIC served over 6,000 individuals — many of whom were fighting to hold their families together.

Your gift can help restore communication.

Help repair a marriage.

Help bring stability back to a home.

Share this post and help us give families the second chance they deserve.

Click the link to donate on May 6 from 9 - 11 p.m.

<https://www.givingday.us/organization/Epic-Community-Services>

#Milkandcookies#StAugustine #givingday2026 #epicbehavioralhealthcare



post image: Stigma image

Break the Stigma. Build Hope. — Donate May 6 & 7 during St. Augustine Giving Day

Too many people stay silent about their mental health because of stigma. They worry about being judged. Labeled.

Misunderstood. And that silence can keep them from getting the help they deserve.

It's time to change that. For over 50 years, EPIC Community Services has provided compassionate, confidential mental health and substance use care — meeting individuals and families with dignity, not judgment.

No one should be turned away because they can't afford support. During St. Augustine Giving Day, your donation helps ensure that when someone finds the courage to ask for help, the answer is yes.

Last year, EPIC served over 6,000 individuals — each one a reminder that recovery is possible and stigma doesn't have to win.

Share this post and help us replace silence with support.

Click the link to donate on May 6 from 9 - 11 p.m.

<https://www.givingday.us/organization/Epic-Community-Services>

#Milkandcookies#StAugustine #givingday2026 #epicbehavioralhealthcare



Thank you post woman with heart hands

Thank You for Showing Up for Our Community

Because of YOU, this Giving Day made a real impact.

Thank you for standing with parents navigating ADHD, children struggling with school performance and peer pressure, teens facing overwhelming pressures, families working through marital and relationship challenges, and individuals fighting the stigma around mental health. Every share. Every conversation. Every donation mattered.

Your generosity supports the life-changing work of EPIC Community Services and helps ensure no one is turned away when they reach out for help. Together, we're restoring hope. Strengthening families. Supporting teens. Empowering parents. Breaking stigma.

Most importantly, we're reminding our community that no one has to struggle alone. From the bottom of our hearts, thank you for being part of the story. You can still do more good by donating again!

<https://www.givingday.us/organization/Epic-Community-Services>

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