

Wishing You Health & Joy This Holiday Season

As 2021 draws to a close, we at [ECHOtape](#) are feeling so very grateful. Grateful for your extraordinary support, our exceptional team, and the outstanding communities in which we work and live.

It is this spirit that we find ourselves reflecting on how we can give back. As many of you know, in lieu of sending cards and gifts to our partners during the holiday season, we choose to donate our holiday budget to a charity geared to helping others. This is a tradition we have proudly kept for more than 25 years, generously supporting such charities as [The Red Cross](#), [Habitat for Humanity](#), [Doctors Without Borders](#), and more.

This year, we have selected the [Canadian Mental Health Association](#) and [Mental Health America](#) to benefit from our donation!



During these last 18 months, the issue of mental health roared to the surface, affecting all of us in a myriad of ways. Along with the physical health impacts of the disease, COVID-19 has led to self and social isolation, disconnection from family and friends, quarantine and lockdown

resulting in more people experiencing feelings of helplessness, isolation, grief, anxiety and depression. Demand for health support services has increased exponentially, and **CMHA** and **MHA** are working overtime to offer tangible resources and support to men and women experiencing mental health challenges.

The holidays are still not as they were, but we hope the important things remain—spending time with loved ones, sharing joy and giving back however we can. We hope that through our participation, we can make a difference. And please... if you are struggling with mental health issues, we are always here to listen.

We wish you good health, happiness, and peace in a new year filled with hope. Seek out what brings you comfort and do more of what brings you joy.

Happy Holidays from all of us at ECHOtape.

Habitat for the Holidays

As the end of the year draws near we would like to take this opportunity to thank all of you for an amazing decade. The success of ECH0tape is based on the relationships we have built over 40 years, and we are so grateful and thankful for your continued support. I'm proud of what [we accomplished this year](#), and it's energizing to feel the momentum and enthusiasm our company is building in the marketplace.

What does 2020 hold for us? Well, this will come as no surprise: ECH0tape will continue to evolve as a company, and we will continue to obsess over our customers.

It is in the spirit of the holiday season that we reflect on what we are thankful for and how we can give back. Many years ago, we at ECH0tape decided that instead of sending cards or gifts, we would donate those funds to a charity geared to helping others. This is a tradition we have proudly kept for more than 25 years, donating generously to The Special Olympics, The Children's Wish Foundation, Free the Children, [The One Drop Foundation](#), [AUTISM SPEAKS](#), [Red Cross](#), and [Doctors Without Borders](#).

For 2019, we have selected [Habitat for Humanity](#) to benefit from our donation.

Habitat for Humanity partners with working, low-income

families to help them build strength, stability, and independence through affordable homeownership. The impact is immediate and the effects are lasting. Research has shown that Habitat homeowners are happier, healthier and more financially stable, which can allow them to return to school, learn a new trade or upgrade their job skills. Their children are more confident and do better in school.

Founded in Georgia in 1976, **Habitat for Humanity** supports families in Canada and the United States, and around the world. They have had a positive impact within the communities they are helping, and we believe our gift can continue to make a difference.

At this time of year, we are grateful for our partnership with you. We wish you good health, happiness, and peace in a new year filled with hope.

Happy Holidays from all of us at ECHOtape.