



Forty Carrots
Family Center

FOR
ALL FAMILIES.
FOR
THIS COMMUNITY.
FOR
YOU.

Parenting is the great equalizer. Regardless of upbringing, economic background, age or education, parents at the root of their hearts want the same outcome for their children. They want them to be safe, happy and productive. But, parenting doesn't happen in a vacuum. It requires an extensive set of tools that can be shaped positively—or negatively—by the community. It is a never-ending process of learning how to nurture, bond, shape behavior, educate, and socialize.

From Newtown to North Port, from Palmetto to Nokomis, Forty Carrots Family Center guides children, parents and communities through this learning process.

For two decades, Forty Carrots has served Sarasota-Manatee with an ever-expanding garden of parenting classes, early childhood education programs, and outreach promoting healthy, whole-family development across the full spectrum of our community.



The Four Pillars of Forty Carrots

Parenting Education Program

- Providing information, skills and support to families from all walks of life, including some of our community's most at-risk.

Mental Health Services

- Offering child and family therapy for individuals and families, as well as therapy groups at our community partner locations.

Nationally Accredited Preschool

- Preparing children for success in kindergarten and beyond, through high-quality education integrating the latest research and best practices. Approximately 15 percent of preschool clients receive tuition assistance.

Professional Development

- Sharing expertise and providing learning opportunities for professionals working with children and families.



Expanding Our Impact: Mental Health Services

This year, due to the great community support recognizing Forty Carrots' ability to meet a diversity of local families' needs, the organization filled a longstanding gap and expanded its free community outreach services by 40 percent, including a significant expansion of mental health services. Licensed therapists bring further reach to Forty Carrots' existing parenting education program and add a new, essential dimension in the form of parent, child and family therapy.

This expansion is a major step forward in enabling Forty Carrots to address the roots from which healthy families grow.

Forty Carrots Supports You. You Support Forty Carrots.

Forty Carrots serves 2,000 families every year. In spite of this broad reach, hundreds await services that could be fulfilled with additional funding.

Even Forty Carrots' fee-based services, including the award-winning preschool, require supplemental outside financial support to cover expenses.

Because Together We Are Better

Forty Carrots relies on the generous support from the community to provide free parenting education and mental health services, as well as preschool scholarships. Your donation of time, talent or treasure will help Forty Carrots continue this exciting expansion. Visit fortycarrots.org or call 941.365.7716 to find out how you can strengthen families for a better tomorrow.



Ariane Dart, Trustee,
Creator and Chair of The Firefly Gala
"Everyone can use parenting classes and early childhood education. I benefitted from it—it doesn't have anything to do with socioeconomic status. That's why I'm committed and created Firefly Gala to support Forty Carrots. Fireflies are some-

thing magical that children enjoy, that make you smile. With the Firefly Gala, guests enjoy the intimate concert; it's an elegant date night. The best thing is, people have a great time and we raise a lot of money for everything that Forty Carrots does to benefit families."



Taber Chadwick, former Trustee,
headed the \$1.3 million capital campaign,
Vice President Sales & Marketing
Century Employers Organization
"Coming from a broken home at the age of five, you realize that you have no fathering/parenting skills. Forty Carrots was a blessing and gave me the skills

to become the best father that I could be. The parenting education they provide is priceless. It really helped, connecting with other parents, learning how to deal with your emotions. I really believe in the power of what Forty Carrots does. My family will always support this mission that changes future generations."

I Give Back

COMMUNITY PARTNERSHIP SPOTLIGHT: Forty Carrots and CYESIS Teen Parent Program

At 15, Lisette learned she was pregnant. Fearless and independent, she was determined to excel at motherhood and complete high school. But even in ideal circumstances, parenting is never easy. Fortunately for Lisette, from that moment on, Forty Carrots was there.



Lisette didn't have to choose between being a good student and being a good mother.

For more than two decades, Forty Carrots has partnered with CYESIS at Riverview High School, a program in Sarasota County's public school system for pregnant and parenting teens. While pregnant, as a supplement to Lisette's academic school day, she participated in on-site parenting education classes, taught by Forty Carrots' parenting educators and therapists. These services helped her prepare

for the life-changing event of childbirth and taught her what to expect, as well as how to cope with the very first moments of motherhood. All the while she continued to work toward her high school diploma.

Because of the partnership with CYESIS and Forty Carrots, Lisette was able to attend weekly Talk & Play classes. Forty Carrots facilitators create a supportive and learning environment, where the child leads the play, allowing young parents to bond with their children and with other young parents, asking questions in a non-threatening atmosphere and learning firsthand about parenting skills and early childhood development.

Lisette didn't have to choose between being a good student and being a good mother. "I probably wouldn't have been able to finish school [without CYESIS]," she says. "[For example, at a regular high school] I wouldn't have been able to breast feed. I wanted to be with him all day."

"You have to grow up pretty fast," Lisette says of being a parent. "I put my focus on Daniel, instead of myself. I'm determined for my child to be the best and to be healthy."

Lisette completed high school in 2013. She has a job and the ambitions and ability to excel professionally and personally. Most importantly, she and Daniel have created a strong bond and possess a healthy founda-



"All of our teen parents have had some major trauma in their background; 95 percent live in poverty. Forty Carrots brings a therapist along with a parenting educator, which really helps them look at the complexity of the issues and implement a positive approach. Their nonthreatening, play-based model helps build relationships and let the parents be comfortable. They learn practical things, and are able to put in practice at home. Forty Carrots helps them fall in love with their child. Life gets to be really big for all of us when you have a child, but especially for these teenagers. Forty Carrots helps Riverview bring these parenting and therapeutic services to them."

– Lucile Mobley, Social Worker, Coordinator of Support Services of CYESIS Teen Parent Program

tion for positive outcomes for their lifetime. She and Daniel now continue to receive services with Forty Carrots, as they grow together.

"I knew I could do it. I knew what kind of mother I wanted to be," Lisette says. "I feel like I've done a really good job. He's a good little boy."

CYESIS represents just one of the many organizations partnered with Forty Carrots to bring parenting education and mental health services to the community at no cost.

Linda Monda, former Trustee and Preschool Scholarship Donor

"Keith and I support Forty Carrots Preschool Scholarship Fund because we believe that a good, quality education is essential for every child, and is just what Forty Carrots' nationally accredited program provides. In this community, it is unacceptable that many children do not have access to the very best early childhood educational programming. We see how our own children grew to be successful adults and know that the quality education they experienced was essential for that growth. Likewise, our grandchildren now attend the best possible schools in their area. We want other children to have the same opportunities that our children and grandchildren have had."



Sylvia Smith, Grandmother of Bella Preschool Scholarship Student

"Thank you for being so generous to a perfect stranger. Words cannot express how grateful I feel for this gift that you have given our little girl. Her preschool experience at Forty Carrots has been priceless for her future. This has been the best place for her to develop her educational foundation and the social skills she will forever carry with her into adulthood. This has changed the course of her life."



Dave Maraman, Regional President—Business Banking, BMO Harris Bank

"BMO Harris Bank recognizes the importance of strengthening families and helping to improve their quality of life. We are honored to partner with Forty Carrots Family Center as they work to enrich the lives of thousands of youth and their families in Sarasota and Manatee County."



wine women & shoes

presented by BMO Harris Bank

WINE, WOMEN & SHOES
Sensational style meets the greater good.
November 13-15, 2014

Forty Carrots' event draws stylish sophisticates from around the country to sample international wines and shop for the latest in chic footwear and fashion. Receptions, fashion shows, winemaker dinners, and The Signature Luncheon make this one of the most spectacular events on Sarasota's social calendar—and all to benefit the work that Forty Carrots does for local families.



FIREFLY GALA
Sparkling party of the spring season.
March 28, 2015

An elegant dinner and private concert to support Forty Carrots. Past performers include KC and the Sunshine Band, Blondie, Pat Benatar and the Go-Go's. A grand performance with full production stage and lighting in an intimate setting. Band to be announced November 14th.

To learn more, visit fortycarrots.org
FORTY CARROTS FAMILY CENTER
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941.365.7716

BY THE NUMBERS

At Forty Carrots Family Center, thoughtfully constructed programs lead to real, measurable, positive outcomes.

<p>6</p> <p>"Protective Factors," critical to lowering the risk of abuse and neglect, are targeted in Forty Carrots' intervention programs:</p> <ul style="list-style-type: none"> • Nurturing and attachment • Child development knowledge • Parental resilience • Social connections • Connection to basic needs services • Raising social and emotionally competent children 	<p>2,000</p> <p>local families served per year.</p>	
	<p>84%</p> <p>of services are FREE to the community.</p>	<p>3</p> <p>Community Outreach vans bring mobile classrooms for parenting education and support to children and families at public libraries and partnering nonprofits throughout Sarasota and Manatee.</p>
	<p>40%</p> <p>increase in number of free classes this year.</p>	
<p>27</p> <p>Community Partner locations where Forty Carrots delivers free services.</p>	<p>MORE THAN 500</p> <p>parents, educators, professionals, business leaders and others attend the Free Annual Community Speaker Event each year.</p>	

