



MESSAGE FROM OUR CEO

TOGETHER WE'RE BETTER!

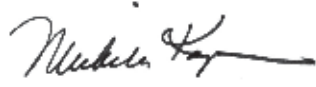
It was Helen Keller who said, "Alone we can do so little; together we can do so much." At Forty Carrots, we live the truth of this statement every day through our critical collaborations with 18 other organizations that allow us to bring our expertise to thousands of families who would otherwise go without services.

The Sarasota Public Libraries are one of our longest-standing and most impactful partnerships. For more than 17 years, the libraries have been home to our free Partners in Play® groups, in which parents and their children, ages 0-5, enjoy an interactive playtime with Forty Carrots' Parenting Educators guiding the experience.

Sarahbeth Kalajian, who for more than 13 years has served as Director of Sarasota County Libraries and Historical Resources, has been instrumental in helping to establish Forty Carrots groups in our area libraries.

This month marks the end of her tenure and we had the opportunity to get her reflections on our work together for the benefit of the community. It is a wonderful example of how we are better when we work together. I look forward to building upon and strengthening our community partnerships in the years ahead.

[CLICK HERE](#) to read the full interview.



Michelle Kapreilian
CEO - Forty Carrots Family Center



Forty Carrots Parenting Program Director Laura Josephson, Director of Sarasota County Libraries and Historical Resources Sarahbeth Kalajian, Director of Youth Services for Sarasota Libraries Andrea Dictor, Forty Carrots CEO Michelle Kapreilian, and the incoming Director of Sarasota County Libraries and Historical Resources Renee Di Pilato.

MENTAL HEALTH

THE POWER OF THERAPY

Recently, a Forty Carrots therapy client sent this picture to her Therapist. This depiction of the power of speaking to someone was the perfect visual of the therapy process.



At Forty Carrots Child & Family Therapy Center, we find that families seek out therapy for many reasons. At times, children, adolescents, and parents begin the therapy process because of past traumas, feelings of anxiety and depression, and major life transitions. Very often, a child or adolescent is struggling with their emotions and their behavior is challenging. Forty Carrots Therapists work with each client to help them gain self-awareness and make positive changes.

[LEARN MORE](#)

PRESCHOOL

FIRST DAY OF CLASS



After a full week engaging in professional development and setting the classroom environment, the teachers, staff, and administration welcomed the children for the first day of school on Aug. 21. It was wonderful to have our classrooms once again full of young, smiling faces. We are looking forward to a fantastic school year. The children were excited to see their friends, and with great curiosity, were ready to start playing and working with the classroom materials and participating in various educational activities.

PARENTING EDUCATION

SOUTH COUNTY SERVICES



Welcome to Our World is free and held at the Shannon Staub Library on Wednesdays from 11:45 a.m. to 12:45 p.m., and on Mondays from 11:15 a.m. to 12:15 p.m. at Forty Carrots Family Center. No pre-registration is required.

For the first time, Forty Carrots began a Welcome to Our World (WOW) group in the Shannon Staub Library, supporting families in both South Sarasota and Charlotte counties. WOW groups bring together families navigating the newborn phase of life in a supportive, fun, and informative group. Parenting Educators lead parents in exploring topics that are relevant to them as they begin the journey of raising a happy and healthy child. WOW groups have been held at the Forty Carrots Kane Campus for many years, and we are proud to now have this critical service available at no charge for our south county families.

[READ MORE](#)

SPEAKER EVENT FEATURING ROSS GREENE, Ph.D.

SEPTEMBER 26, 2019
RSVP REQUIRED
AT [FORTYCARROTS.ORG](https://fortycarrots.org)



Now less than a week away!
Forty Carrots Family Center is proud to host its 17th annual FREE Community Speaker Event, featuring renowned child psychologist and best-selling author Ross W. Greene, Ph.D.

Presented in partnership with the Community Foundation of Sarasota County, the event will be held at 7 p.m. on Thursday, Sept. 26 at Riverview High School Performing Arts Center. Admission is free and open to the community, but your RSVP is required.

[LEARN MORE](#)

CALENDAR

SEPTEMBER 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

UPCOMING EVENTS



PRESENTED BY VENUS MED SPA
NOVEMBER 14-16, 2019
THE RITZ-CARLTON, SARASOTA

Cheers to 15 Years!

There is still time to get involved!

Please contact

GERI JO MANSON

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SAVE THE DATE!

MARCH 28, 2020

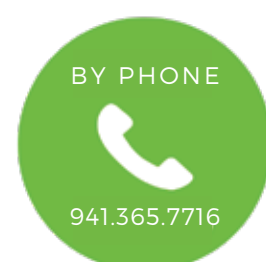
[LEARN MORE](#)

SUPPORT FORTY CARROTS



Investing in a young child's future pays dividends for life. Your tax-deductible donation today will have a lasting impact. Thank you!

HOW TO DONATE



[LEARN MORE](#)

SARABETH KALAJIAN:

MASTER COLLABORATOR

Sarabeth Kalajian has been a visionary leader for our local libraries since she began as a youth services librarian in Venice in 1984. She also served as Director at Selby Public Library, Head Librarian at the Fruitville Library and in 2006 was named director of the entire library system.

We recently talked to Sarabeth about her work at the libraries, her collaboration with Forty Carrots, and what lies ahead following her retirement.

Q: Why did you feel Forty Carrots’ Partners in Play programs were a good fit for our area libraries?

A: Our two organizations share the mission of helping parents prepare their young children (starting with babies!) for a lifetime of learning. Emergent literacy is a focus for both the libraries and Forty Carrots. Like the public libraries, Forty Carrots enjoys a high degree of trust with community members, and parents know they will find supportive, knowledgeable staff when they join Partners in Play. The Forty Carrots parenting educators that lead the activities are part of that network of support to families that is so important for new parents seeking reassurance and guidance. Another important outcome of these programs is the relationships that parents make with each other, and the friendships young children develop with their peers. We know that those young parents are grateful to have the reassurance of knowing that they are not alone, knowing that other parents may be experiencing the same challenges, while receiving the positive support of the Forty Carrots’ educators and our librarians.

Q: Tell me about how the relationship between Forty Carrots and the libraries got started and evolved over the years?

A: From the very beginning, this partnership opportunity was both natural and transformative. Natural, because public libraries attract parents, grandparents, and other caregivers who want the best for their children, in every aspect of success - from reading and learning, to socialization with other children. Clearly, the leaders of Forty Carrots have demonstrated decades of commitment to those same values.

When I say “transformative,” we see this demonstrated every day - parents gain knowledge, children gain confidence, and families are strengthened. A positive side-effect is that the families establish a routine of accessing the resources and opportunities that the public library has to offer. The public library is a sustainable source of information, support, and engagement.

Q: What sort of feedback have you received from parents who participated in the program?

A: Parents are so enthusiastic and appreciative when asked about the value of participating in Partners in Play. The surveys and anecdotal feedback confirm the positive effects of the program for both the children and parents. Month after month, year after year, the comments from the parents confirm that the collaboration between Forty Carrots and the staff of the Sarasota County Public Libraries effectively serves families with young children.

Q: Young children and libraries would seem to be a natural fit. Does holding programs such as Partners in Play at the libraries have a side benefit of instilling a love of books and learning?

A: We know that starting early to introduce babies and toddlers to books, reading aloud to them, singing and chanting rhymes with them, is the first step on the path to a lifetime of learning. Those activities occur during Partners in Play and hosting the sessions at the public libraries makes it possible for our librarians to support parents, invite them to programs and encourage them to borrow books and media. As those babies and toddlers grow up and enter school, they are familiar with and comfortable using library resources, and that will serve them well throughout their lives.

Q: Tell me about working with Michelle Kapreilian and the Forty Carrots team.

A: Michelle and the Forty Carrots colleagues have been our closest partners for years, with a variety of initiatives, all in support of families. My admiration for Michelle was immediate when we first met, and has grown ever since. When she is involved in an initiative, I know that her thoughtful, strategic, generous style will ensure success and opportunities for meaningful collaboration. Michelle participated as a member of the Library Foundation Community Advocacy Team to recommend improvements for our public libraries.

Q: What is on your bucket list for when you retire? More time to read?

A: I am eager to explore and re-discover all the reasons that I found my home in Sarasota and have stayed for (ahem) over three decades. That includes gardening, tennis, swimming, enjoying theater productions, concerts and some volunteer activities. Travel to catch up with family and friends will begin immediately, with an autumn leaf-peeping drive through the Carolinas, to Boston, upstate New York, Vermont, Maine and back. I enjoy frequent trips to visit family (and my horse) in Colorado and am contemplating a tour of Ireland and Scotland. More reading? Absolutely. There are stacks of books waiting for me! Knowing that I can more frequently enjoy a full day of reading is very appealing.

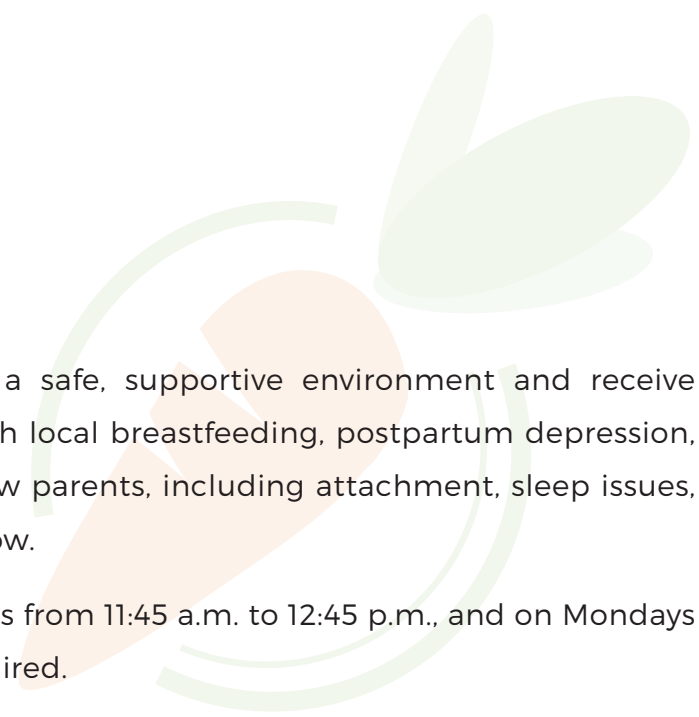
PARENTING EDUCATION

SOUTH COUNTY

SERVICES

Through WOW, new parents make important connections with each other in a safe, supportive environment and receive much-needed adult interaction and support. In addition, moms are connected with local breastfeeding, postpartum depression, and anxiety support groups. The group covers various topics that can challenge new parents, including attachment, sleep issues, self-care and temperament. We look forward to watching this group continue to grow.

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THE POWER OF THERAPY

Sitting with a trained mental health professional can help children and their parents improve communication and ultimately their relationships. While getting to the root of the concern, therapy clients develop insight into their anxiety, depression, and feelings. Children are able to learn new skills to better cope with emotions. Families feel empowered as adults and children are fostering their self-awareness in a safe environment. Therapists treat concerns while building emotional resilience.

Research has shown through brain imaging studies that talking about feelings makes them less intense and has a significant therapeutic effect on the body. Just the process of identifying and discussing feelings with others helps a person to feel better. In therapy, clients have this opportunity while also setting up personal goals regarding emotions, self-confidence, and changes in behavior. Working towards personal growth within an environment that is nonjudgmental and unbiased can help children and adults learn to make changes that are appropriate and effective. During therapy sessions, they learn the tools to manage negative feelings and make positive changes.

Although talk therapy takes place in an office setting, its powerful impact is most obvious when individuals apply it to their everyday lives and their interactions with others. Children and parents learn healthier ways to express themselves in their home, minimizing conflict. Children and adolescents' behavior at school is improved, or they are more focused on their tasks. Therapy has the capacity to leave children and adults with long-term healthy coping strategies that they can continue to use throughout their lives.

At its core, therapy is about mental health which is just as important as physical health. Being healthy is about feeling your best. Therapy helps improve mental health while fostering personal growth, building resilience, and improving emotional capacity. That helps everyone feel better and stronger.

17TH ANNUAL FREE COMMUNITY SPEAKER EVENT

RAISING HUMAN BEINGS:
CREATING A **COLLABORATIVE**
PARTNERSHIP WITH YOUR CHILD

FEATURING ROSS W. GREENE, PH.D.



Dr. Greene will present insights from his best-selling book, “Raising Human Beings: Creating a Collaborative Partnership with Your Child.” His presentation will offer parents, caregivers, teachers, and professionals ways to cultivate a better parent-child relationship using his empirically supported model of collaborative problem solving. Attendees will learn how to nurture empathy, resilience, and independence, improve communication and resolve power struggles. Attendees will receive a free copy of the book, and certificates of attendance are also available.

“Our free community speaker event will offer a way for parents, teachers, and professionals to help children learn to express emotions and concerns in a direct and constructive way, listen to others, and work collaboratively to solve problems,” said Forty Carrots Family Center CEO Michelle Kapreilian. “Imagine how positively this would impact our families and our community if we all communicated in this way,” she said.

Event co-chairs, Thomas and Adelle Bethel, are preparing to host this impactful event. The previous 16 speaker events have reached more than 11,000 parents, professionals and educators in our area.

For reservations, visit fortycarrots.com.