



MESSAGE FROM OUR CEO

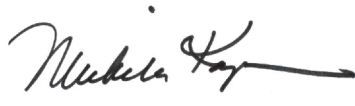
A YEAR-LONG LIFELINE

While for many the holidays are the most wonderful time of the year, for children and families mired in trauma or adverse childhood experiences (ACEs), the holidays can trigger extreme stress and anxiety. According to steampoweredfamily.com, the constant barrage of in-your-face holiday advertising, portraying the season as a time of peace, joy, love, and family, "can be especially hard for those who do not have those things."

At Forty Carrots, our programs are a year-round lifeline for these children and families, providing safe environments where they can openly share and learn ways to cope with these ongoing stresses, particularly at this time of year when the effects of those stresses may be heightened. We have the good fortune to live in a caring, philanthropic community that helps us - together with our community partners - to support families from all walks of life, through all the seasons of the year.

Wishing for you all to have a holiday season filled with making special connections with your loved ones. Thank you for your continued support in helping Forty Carrots to help so many all year long and as we move into 2020 with an even greater and growing need to do so.

Warmest regards, and happy holidays.



Michelle Kapreilian
CEO - Forty Carrots Family Center

AGENCY

MISSION MOTIVATED

Forty Carrots Family Center's Board of Trustees Chair, Chris Jarmul, says that when she retired from the corporate world, she knew she wanted to apply her time to a cause that touched her heart - and that cause was Forty Carrots Family Center.



Originally from Connecticut, Chris moved to Sarasota with her family when she was 8, staying until she was 16. Her family moved again, this time to North Carolina, where she finished high school and attended UNC - Chapel Hill. She then graduated from Gannon University, in Erie, Pennsylvania.

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CHILD + FAMILY THERAPY

A SAFE PLACE



Thanks to a community impact grant from the Community Foundation of Sarasota County, Forty Carrots started a new Mental Health group at Alta Vista Elementary School in November. Facilitated by Therapist Jennifer Hatcher, this group's focus is on increasing self-esteem and reducing anxiety. Alta Vista teachers and school administrators identify students with similar concerns who can benefit from learning coping skills and techniques in a group setting.

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PARENTING EDUCATION

WELCOMING FOX 13 NEWS TO OUR WORLD



It was wonderful to have FOX 13 News - Tampa Bay spend a morning with us at Welcome to Our World (WOW) in the Parenting Center at Forty Carrots. The segment aired on FOX 13 News on Nov. 11 during the 5 p.m. news. The piece highlighted how Forty Carrots has been supporting families with little ones in Sarasota and Manatee counties for more than 25 years.

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PRESCHOOL

NEW FRIENDS



In mid-November, 20 students from the Out-of-Door Academy (ODA) joined the Forty Carrots' pre-k classrooms for a day of fun and learning. The 5th graders are part of an ODA leadership team, and during the morning joined our 4- and 5- year-olds in their learning centers and outdoor classroom. At the time, our Forty Carrots' children were engaged in a construction project, learning how buildings and houses are built, and how you must have specific plans and blueprints in order for the project to be successful and safe. Together with the ODA students, they made plans, built buildings, read books and enjoyed lunch together.

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WINE, WOMEN & SHOES



PRESENTED BY VENUS MED SPA

Cheers to 15 Years!

What a celebration this year's Wine, Women & Shoes was, as we said "Cheers to 15 Years," at an incredible, high-energy event enjoyed by the nearly 600 guests at the Ritz-Carlton ballroom.

Please take a moment to view this inspirational message from Wine, Women & Shoes Sarasota.



To view more photos and videos, we invite you to visit **WINE, WOMEN AND SHOES SARASOTA ON FACEBOOK.**

CALENDAR

DECEMBER 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	31				

UPCOMING EVENTS



SAVE THE DATE!
MARCH 28, 2020

THE RITZ-CARLTON
SARASOTA

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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



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CHRIS JARMUL

MISSION MOTIVATED

Her career led her to International Data Corporation (IDC), an industry analyst firm that was focused on global technology markets. According to Chris, their data is used by financial analysts, Wall Street, and the government, but the most important audiences for IDC data are the companies themselves, who use it to make many of their corporate decisions.

Chris was a global account manager (aka salesperson). Her last eight years with the company, she was the global account manager for IBM, one of IDC's three biggest clients.

When Chris moved back to Sarasota about 10 years ago, she continued to work remotely for IDC. "As long as I had a laptop, my cell phone, and lived near an airport, everything was good."

Chris has two daughters, one in the technology field in Berlin and the other a stay-at-home mother of three. Chris also has a stepson and two Vietnamese foster children, now both adults, who were eventually reunited with their parents in Dallas.

Once back in Sarasota, Chris became aware of Forty Carrots through the organization's co-founder Betsy Kane-Hartnett. The two women were in the same book club and Betsy urged Chris to get involved with the Forty Carrots Advisory Board.

Chris quickly became immersed in Forty Carrots, first through the Advisory Board and then as a member of the Board of Trustees. It was during her second term that she was asked to serve as chair.

It was during this time that the importance of Forty Carrots took on a very personal meaning for Chris. Due to a family crisis, Chris's only granddaughter at the time, 4-year-old Charlotte, came to live with her in Sarasota. Chris enrolled her in the Forty Carrots Preschool and then in VPK the following summer. "She loved all of it, of course," Chris said, and the therapy she received was extremely helpful.

"What has cemented me to Forty Carrots over the years is its mission and the people who execute that mission," she said. "The more I learned, the more enamored I became with all we are able to do, and the more I was persuaded that our only issue is that we need to do more."

Chris said she felt very fortunate that, as a child, "While we had really limited resources, and things were difficult sometimes, I always felt safe and stable and loved and supported."

She added that today she feels very fortunate that her own family's issues have smoothed out. "But the fact is that when things did go off the rails for a while, we were so fortunate to have Forty Carrots available to us."

As for the future, Chris says building a new facility because of overcrowding is at the top of the priority list. "We are managing to add new things now, even though, as Michelle Kapreilian likes to say, 'there is no room even for a paper clip.'" She also anticipates expanding the work being done with Forty Carrots' current community partners, adding that they may add a few new community partners, as well.

"There are no 180-degree turns in our future," she said. "Rather, we will build on our successes, slowly and carefully. I am so honored to be included in my little way in the Forty Carrots' mission," Chris said. "As a child, I had those things that we try to give to the children at Forty Carrots every day. I know what a difference that makes. We are changing one young life at a time, but, beyond that, we are impacting generations of young lives in the future."

A SAFE PLACE

The group meets once a week and is a safe space for the children to discuss their feelings and any difficulties they might be having. During the group's first introduction meeting, students were asked to color individual puzzle pieces which were then assembled together. This exercise illustrated the fact that although each student brings their own unique perspective and qualities to a situation, together they can create a cohesive group.

“There are so many benefits to children who participate in group therapy, especially providing a way for them to feel heard and supported. Beyond this, we hope they will also foster friendships, and learn how to communicate with each other – all skills that will last a lifetime.”



Kirsten Russell,
Vice President, Community Impact
Community Foundation of Sarasota County



WELCOMING FOX 13 NEWS

TO OUR WORLD

During filming, families engaged in a Welcome to Our World group with Parenting Educators Sonia Azar and Alissa Carlucci-Adler, while Michelle Kapreilian and Laura Josephson were interviewed to deepen viewers' understanding of the Forty Carrots' philosophy and the benefit of Forty Carrots' programs to the community.

Finally, parent-participant Tiffany and her son graciously granted an interview on the importance of the WOW group and how the support she received positively impacted Tiffany's role as a parent.

You can watch the segment here:



NEW FRIENDS

The students from ODA – most of them only 9 years old themselves – displayed amazing leadership skills with their younger new friends. Beautiful relationships were built during the morning and, hopefully, Forty Carrots students will soon return the favor and visit the Out-of-Door Academy.



Later in the month, families joined their child’s classroom and shared how they celebrate the holiday season from Thanksgiving through New Year’s. It was so joyful to learn from parents, grandparents and other family members how they celebrate their cultures, religion, and family rituals and traditions.



“Rituals and traditions are a central part of life, whether they involve how meals are shared or how major events and holidays are celebrated. Sharing time with families through rituals and traditions helps us develop a warm, stable, secure environment in which children can grow, make social connections, learn together, and develop a sense of belonging. At the Forty Carrots Preschool, we are working hard towards fostering a sense of community,” said Preschool Director, Flora Oynick. Students, families, and children celebrated Thanksgiving by sharing their stories, and then a delicious meal.