



NOTE FROM THE CEO

As we begin our 27th year, no question, things are different. We all are reframing our lives on a daily basis, perhaps without thinking about it. Reframing is one of the strategies that our parenting educators utilize — moving from a negative frame into something positive filled with opportunities.

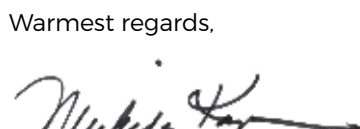
While obstacles continue to present themselves every day, it gives me practice in reframing and finding the opportunities in my own life and work. It is heartening to witness conversations regarding mental health being addressed as part of our overall wellness. It is becoming more widely accepted to seek counseling, educate oneself, and connect with others to help develop the coping skills needed to handle life's new adversities.

Virtual programming is allowing Forty Carrots to help families we could have never reached before — a truck driver taking parenting groups on the road, divorced parents living in different places participating in family therapy, families being strengthened despite the adversity of the pandemic.

As we all reframe our lives right now, Forty Carrots continues to be there for our community with the skills, support, and resources to help our children and families adapt to the many changes in our lives



Warmest regards,



Michelle Kapreilian
CEO - Forty Carrots Family Center

AGENCY

BMO WEALTH MANAGEMENT AND FORTY CARROTS: A PURPOSEFUL PARTNERSHIP

For more than eight years, BMO Wealth Management has been an invaluable partner to Forty Carrots Family Center in its mission to strengthen families in both Sarasota and Manatee counties.

Thus, when COVID-19 threatened some of Forty Carrots' vital programming, it was no surprise that its long-time partner pivoted its title sponsorship from the canceled 2020 Wine, Women & Shoes event into a \$17,000 general donation.

"With the support of BMO and others, we were not only able to maintain our parenting education and mental health programs, but we were also able to add additional programming for the children and families we are serving during these difficult times," said CEO Michelle Kapreilian.



TAMMIE SANDOVAL-BADGER
VP, DIRECTOR | TRUST & ESTATE SERVICES

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CHILD + FAMILY THERAPY

HEALTHY WAYS FOR FAMILIES TO EXPRESS THEIR FEELINGS



PERMISSION TO FEEL

Unlocking The Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive

FEATURING
MARC BRACKETT, PH.D.

Families often call for therapy because they are concerned about behaviors or feelings that they see in their child or adolescent, or because a caregiver is struggling with their own emotions. When a family calls Forty Carrots to initiate therapy sessions, they are already experiencing distress and we provide a safe place for them to get through challenging times.

Forty Carrots therapists work with the entire family to help them address these concerns. The goal is for families to learn to create a better functioning family environment that supports the child's treatment. In order to do this, Forty Carrots therapists help children and caregivers improve the ways that they communicate with each other, helping them to be more aware of each other's feelings, and better equipped to help through understanding.

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PARENTING EDUCATION

MI ABUELA [MY GRANDMOTHER]

Forty Carrots' Program Administrator Sonia Azar, whose own family came to the United States from Cuba many years ago, made a heart-to-heart connection with a Cuban grandmother and her two young grandchildren, through Forty Carrots Parenting Education groups.



Eight years ago, the family had emigrated to the United States. Two years ago, the grandmother had become an American citizen, and two months ago, the entire family (the grandmother, her daughter, and two young children, both under 4) moved to Sarasota.

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PRESCHOOL

WELCOME BACK!



On Sept. 8, the doors to Forty Carrots Family Center reopened to its young students. Observing the safety protocols, parents dropped their children off at the door, where they were met by teachers and staff and taken to their classrooms. It was so wonderful to once again hear the children laughing and chatting with their friends, after being apart for so long, and to once again begin the process of learning — that lasts a lifetime. "It was a delight to welcome our students back to Forty Carrots," said Preschool Director Flora Oynick. "We've missed the children and their families, and are so excited to start working and playing with the children once again."

IN MEMORIUM

FORTY CARROTS MOURNS THE LOSS OF OUR HERO, STANLEY KANE.



At Forty Carrots, Good Beginnings Last a Lifetime. Without the generosity of Stanley and Janet Kane, Forty Carrots would not have had a beginning. We are grateful to them for believing in children and families, and their legacy lives on in our work strengthening families.

On behalf of the staff, board, and the families we serve, we send our heartfelt sympathy to the Kane family.

"I have been fortunate to hear, firsthand, from families that had benefitted from Forty Carrots. On several occasions, I have been brought to tears, listening to stories of how the Parenting Education Programs have benefitted them in learning how to handle everything from holding an infant safely, to handling behavioral issues in positive ways. Forty Carrots' Programs throughout Sarasota and Manatee Counties are so enriching and beneficial to all involved."

- Stanley Kane, 2018

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

BY PHONE



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CALENDAR

OCTOBER 2020

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

BMO WEALTH MANAGEMENT

AND FORTY CARROTS: A PURPOSEFUL PARTNERSHIP

Tammie Sandoval-Badger, CTFA vice president, BMO Wealth Management, noted that there was never any thought of requesting that the funds allocated for Wine, Women & Shoes be returned. "We knew Forty Carrots needed the funds now, and we knew it was the right thing to do."

"To say we are all living in unprecedented times is an understatement and does not adequately validate the fear, anxiety, and overwhelming unease we all feel during this time," Tammie said. "BMO recognizes the critical care Forty Carrots provides our communities and it is now more important than ever that we support these services and programs which provide stability to so many families," she said.

"I came to know Forty Carrots through its annual Wine, Women & Shoes Luncheon. After that, I heard Michelle Kapreilian speak at an event about the Cysis program, which helps teen parents. The outreach that Forty Carrots was doing in the community really got my attention," she said. Tammie continued to volunteer for Wine, Women & Shoes and served on the committee, and, over time "became more and more enmeshed in the organization."

When Tammie and her husband found out a year ago that they were expecting a child, Tammie said she was both excited and terrified. "I had not grown up babysitting and I had no siblings, so I felt totally unprepared for parenthood," she said. "But Forty Carrots was there as a support system, and it made all the difference."

When she was on maternity leave, she and her husband attended a Forty Carrots Partners in Play group. "It was so nice to sit in a circle with other new parents and hear them say the same things I was thinking when I was up at 4 in the morning with the baby. There is such comfort in knowing you are not alone," she said. "We also appreciated how welcoming they were to my husband, as he got to talk about his experiences as a dad," she said.

"When I first started with Wine, Women & Shoes, it was all about supporting a great cause, but after I became pregnant, it became very personal for me," Tammie said. "I am so privileged to sit on the Forty Carrots board now and serve as Secretary. I have a little girl (Alexandra), and in a couple of years I can certainly see her going there and thriving in the preschool," she said.

BMO, and managing director Gary Heard, are committed to this "purposeful partnership," Tammie said. "Everybody knows about the wonderful preschool. But their outreach in the community is equally impactful. They have mental health services that are crucial in our area, especially during this pandemic, when many families are in a crisis situation. Homelife has been disrupted, people are cooped up, tempers may be flaring, and there is a rise in domestic violence. Offering our virtual therapy and parenting education programs during this time has made an incredible difference to those who are struggling," she said.

Over the years, Forty Carrots Family Center and BMO Wealth Management have created a win-win relationship. "This is a long-term partnership that will benefit both BMO and Forty Carrots for years to come," Tammie said.

"BMO recognizes the critical care Forty Carrots provides our communities and it is now more important than ever that we support these services and programs, which provide stability to so many families. BMO's purpose is to Boldly Grow the Good and we are honored to support Forty Carrots in their continued efforts to positively impact children and families during this tenuous time and for years to come," Tammie said.

BMO Harris Bank is based in Chicago, Illinois. It currently has more than 500 branches, fee-free access to over 40,000 ATMs and employs a staff of more than 15,000 across the United States.

MI ABUELA

[MY GRANDMOTHER]

The grandmother had been a teacher in Cuba, Azar said she understood the importance of literacy and education for young children. In New Jersey, she had started taking the children to the local library, as soon as they were old enough. Upon moving to the Sarasota area during the Covid-19 pandemic, the grandmother went to the local library website, which is where she found a listing of all of Forty Carrots' virtual programming, Azar explained.

And, so, grandma registered and joined several of Forty Carrots' virtual groups, hoping to learn what Forty Carrots could do for her family.

After the family had participated in several groups, the Parenting Educators invited Sonia to reach out to the grandmother, to see how they could support the family. "It was a huge lifeline for her," Azar said, "finding someone who spoke her native language and with whom she could connect."

Azar said the family signed up for almost every program that Forty Carrots was offering virtually. "It has been great for the kids, but wonderful for me, as well," Azar noted. "We found we had a real connection."

"She was so incredibly grateful to have found us," Azar said. "She told me she loved the topics that our Forty Carrots parenting educators were bringing to the families, and so appreciated being part of our groups." Not only is she learning new ways to interact with the children, Azar said, the groups also help her grandchildren learn the English language.

"We never know the many ways in which we are connecting with our families," Azar said. "For this woman, we were a lifeline – giving her a sense of belonging once again. For me, it was an "aha" moment that reaffirmed the importance of what we do at Forty Carrots."

Today, Azar is Program Administrator to the Parenting Education Program, meaning much of her work is behind the scenes. "But I will stay in touch with this lovely grandmother," Azar said. "We gave her something she desperately needed, but she touched my heart, too."

HEALTHY WAYS

FOR FAMILIES TO EXPRESS THEIR FEELINGS

On September 23rd, we were proud to have our Community Speaker event featuring Dr. Marc Brackett, speaking about just this topic. The importance of giving ourselves “Permission to Feel” cannot be understated. Dr. Brackett’s process, shown to reduce stress and improve coping, is based on a system of recognizing, understanding, labeling, expressing, and regulating our emotions. This system is a valuable one that families can use in order to improve communication with one another, ultimately strengthening their relationships and improving the family’s overall functioning.

Due to the generosity of the Community Foundation of Sarasota County and other event partners, Forty Carrots was thrilled to share this with our community of parents and professionals. Giving widespread awareness of the importance of being able to express emotions and feelings in healthy ways, benefits our entire society for generations to come.

When families are better able to communicate effectively, the individuals within that family feel supported and have the understanding that their feelings are valid and accepted and have empathy for others’ feelings as well. Children who learn to do this are better equipped to form healthy relationships throughout their lives.