



NOTE FROM THE CEO

No matter your personal experience, 2020 was an unforgettable year. One thing it certainly tested in us all is resiliency. It tested our inner strength that can see us through even the most difficult of times. And we learned that we have an extraordinary ability to adapt. The challenges forced a more inventive use of our imaginations and creativity, and we found ways to be flexible and find new, innovative answers to even the most perplexing problems.

Through all of 2020, the most important lifeline was hope. Relationships are the basis for hope, and are still the glue that holds us all together, whether that's in person or virtually. At Forty Carrots we find hope every day in the smiling faces of our children, and in parents and families getting the help and support they need. We find hope and inspiration in giving the next generation a solid foundation from which to grow no matter how we are able to make it happen.

As we like to say at Forty Carrots, Together We're Better, and for 2021 we will discover together what the future holds.



Warmest regards,



Michelle Kapreilian
CEO - Forty Carrots Family Center

PRESCHOOL

PENELOPE'S STORY

Four-year-old Penelope Zinn loves going to Forty Carrots Preschool. And her parents, James and Hollie Zinn, love it, too.

Hollie, a full-time nursing student at Keiser University, and James, a local landscaper, are the parents of Penelope and 11-year-old Jasmine, who is in the sixth grade at the Suncoast Academy.



Though Hollie had often noticed the Forty Carrots building when driving down Tuttle Avenue, she first became involved when the maternity nurses at Sarasota Memorial told her about a Forty Carrots program called Welcome to our World®.

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PARENTING EDUCATION

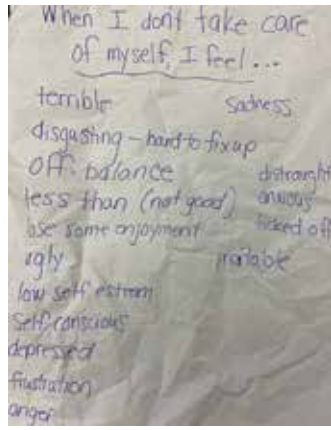
PARENTAL SELF-CARE IS KEY TO TAKING CARE OF YOUNG CHILDREN

Parenting Educators Wendy Norman and Tesha Clark recently worked with the moms at First Step Mothers and Infants on the importance of self-care.

The discussion began with identifying how the mothers might feel, and what they might say or do when they are not able to take care of themselves. They discussed how their own tank can run low when self-care is put on the back burner.

A visual of what educators call an emotional volcano was used to show how stressful events – (baking soda), combined with big emotions (vinegar), can cause an eruption. The group then brainstormed strategies to cope and take care of themselves in an effort to fill their own tank.

[READ MORE](#)



MENTAL HEALTH

A NEW COMMUNITY PARTNERSHIP WITH THE EDUCATION FOUNDATION OF SARASOTA COUNTY



Forty Carrots has partnered with the Education Foundation of Sarasota County (EFSC) to provide therapy sessions to their clients and families. These clients are referred through the mentoring programs at EFSC and will be set up with therapy sessions allowing them the opportunity to discuss their feelings and feel supported while learning ways to build their resilience and coping skills.

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VIRTUAL TOUR

[CLICK TO VIEW OUR NEW PRESCHOOL VIDEO!](#)



2021-2022 Preschool Applications available on January 25th for new families. Click below to complete.

[CLICK HERE](#)

EVENTS



SAVE **THE DATE!**
SEPTEMBER 22, 2021



SAVE **THE DATE!**
NOVEMBER 18-20, 2021

CALENDAR

JANUARY 2021

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						

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](#)

PENELOPE'S STORY

"I first became aware of Forty Carrots when we went to its "Welcome to Our World®" classes shortly after Penelope was born," Hollie said. She was dealing with some postpartum issues and says it was so nice to be around other new moms who were experiencing what she was going through. "It is the best possible form of support for both the babies and the new moms," she said. "It is non-judgmental, and that made us feel so welcome. I can't sing their praises enough," Hollie added.

Penelope graduated from that program, and immediately moved into the Partners in Play® program, held at local libraries.

"When we were doing Partners in Play®, Forty Carrots partnered with the Ringling Museum. We were able to get passes to the museum through that program, and Penelope, Jasmine, and I went there many times during the year. It was so meaningful because my mom used to take me there when I was growing up. And then they offered the same type of program with Selby Gardens, which was wonderful, too."

Thus, when they were awarded a scholarship for their daughter, it was a gift to be able to enroll Penelope in the Preschool program. "Penelope just loves the preschool. We recently had her parent-teacher conference and were informed that even with Covid and everything going on, she has learned so much. Four years old and she can write her name, and is learning her numbers," Hollie said, adding that "The growth that I see in Penelope from day to day is just amazing."

Forty Carrots has made such a difference for their family, Hollie added. "The thing I love is the kids don't realize they are sitting there learning. They just know that they are having fun," she said.

When Hollie obtains her nursing degree in 2022, she hopes to go to work at Sarasota Memorial Hospital in labor and delivery, where she will be able to put to work much of what she has learned through Forty Carrots. "There is nothing else out there like Forty Carrots" she said.

"Our scholarships are so important because they make it possible for many deserving families and young students to get the strong foundation that only a quality early education program can provide," said Preschool Director Flora Oynick. With generous support from Forty Carrots donors, this educational experience is accessible to families who would otherwise go without.

PARENTAL SELF-CARE

IS KEY TO TAKING CARE OF YOUNG CHILDREN

The discussion was followed up with another example of an emotional volcano. This time, the mothers put cotton balls (coping strategies) into the volcano along with the baking soda and vinegar. While there was still volcanic activity (bubbling), the cotton balls helped to keep the volcano from erupting.

This illustrates that, while we cannot eliminate stressful events or emotions, self-care and coping skills can help us manage the stress that comes with being a parent.

“Parenting is a high-stress, nonstop job. When parents take time to take care of themselves, they are better able to manage emotions and have better control of their reactions,” said Parenting Education Director Laura Josephson.

A NEW COMMUNITY PARTNERSHIP WITH THE EDUCATION FOUNDATION OF SARASOTA COUNTY

Forty Carrots therapists will work with these clients to address their emotional concerns while EFSC continues to guide them through their educational process, setting them up for even greater success as adults.

“Mental health is important to childrens’ and adolescents’ overall development. They are able to think more clearly and learn new skills when their emotional needs are being met,” said Forty Carrots’ Clinical Director Carla Johanns. “By partnering with the Education Foundation of Sarasota County, we are able to address mental health concerns identified in students who are simultaneously receiving academic support. This added support will give them the skills and tools necessary to achieve success at school, home, and in the community.”

