



## NOTE FROM THE CEO

Friends of Forty Carrots,

As we begin yet another school year, we are excited to see as many children and families as possible in person, knowing we must do so in the safest possible way throughout our entire agency.

Keeping our previously successful safety protocols in place, and remaining as flexible as possible, is key in these challenging times. While Preschool brings back children in person, Parenting Education and Mental Health programs continue working in hybrid mode based on the needs of our community partners and our clients. Keeping up with Covid updates and best practices as advised by the CDC, the Sarasota County Health Department, the Office of Early Learning, and the Florida Department of Health means that we are confident that we are making the best possible choices for all our constituents, particularly our children who are still unable to be vaccinated.

Knowing the need for our services has never been greater, Forty Carrots is committed to continuing to fulfill our mission, and to keeping our children, families, donors, staff, board, and volunteers safe and healthy throughout this ever-changing pandemic.



Warmest regards,

Michelle Kapreilian  
CEO - Forty Carrots Family Center

## EVENTS



**SEPTEMBER 22, 2021**



A VIRTUAL EVENT

**FEATURING**

TINA PAYNE BRYSON, Ph.D.

**REGISTER NOW!**



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

## PARENTING EDUCATION

### WE'RE BACK! FORTY CARROTS PROGRAMS RETURN TO LOCAL LIBRARIES



The popular Partners in Play® (PIP) program has returned to local libraries in Sarasota County, using the most current safety protocols, including masking of all adults and a reduced number of families who are able to join.

These free groups enable parents and caregivers with their children, ages 0-5, to enjoy an interactive playtime with Forty Carrots' Parenting Educators guiding the experience, and empowering the discovery between learning and play in early childhood development.

[READ MORE](#)

## CALENDAR

### SEPTEMBER 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		

## MENTAL HEALTH

### PARTNERING WITH AREA SCHOOLS



Forty Carrots partners with area schools in a variety of ways, including having therapists from our Mental Health program go into Title 1 elementary schools. Our therapists provide mental health groups and individual counseling to students in order to strengthen coping skills and to help students address emotional regulation and challenging behavior. In addition, our Parenting Educators work with CYESIS Teen Parent programs at North Port and Riverview High Schools, providing opportunities for new parents to learn valuable skills, while learning how to bond with their babies.

[READ MORE](#)

## PRESCHOOL

### FILLING THE BUCKET

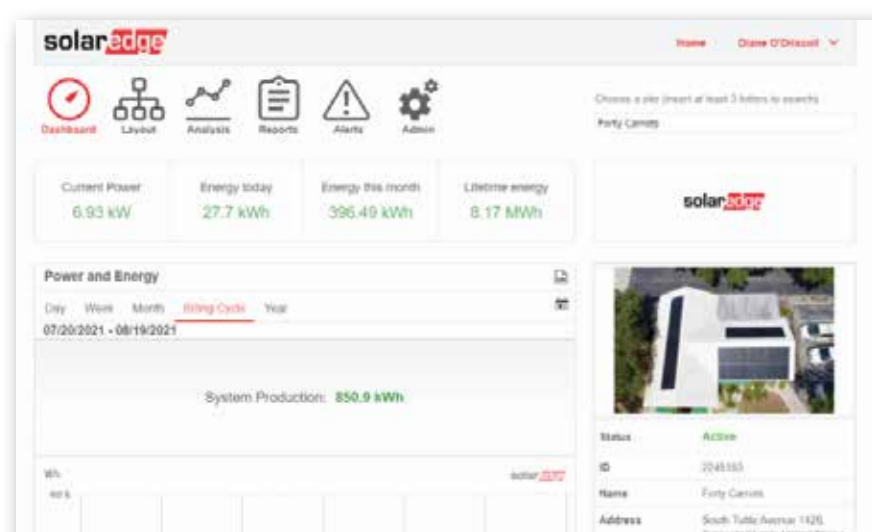
In Forty Carrots Preschool, we focus on social and emotional development as much as on academic development. A young child's social-emotional development involves learning how to understand their own feelings and the feelings of others, how to regulate and express their emotions, build relationships with others, and interact in groups (Rubin, Bokowski, & Parker, 1998). Social-emotional development flourishes when children have close, supportive, and trusting relationships with adults (Howes & James, 2002), and these interactions are crucial to their learning.



[READ MORE](#)

## AGENCY

### GOING GREEN



Forty Carrots is thrilled to have received the gift of solar energy thanks to our partnership with Partners for Green Places, an initiative that inspires organizations to play an active role in the adoption of sustainable practices, thereby reducing their operational costs.

[READ 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](#)





## WE'RE BACK!

### FORTY CARROTS PROGRAMS RETURN TO LOCAL LIBRARIES

"We are so happy to bring Partners in Play® back to our libraries, in the safest possible way," said Parenting Education Director Laura Josephson. "Parents tell us how much they have missed these in-person groups, especially the interaction with their children and other parents in the community."

Partners in Play® will be returning in August to the William H. Jervy Venice Public Library, Elsie Quirk Library, North Port Library and North Sarasota Library, and in September to the Shannon Staub Library, the Jacaranda Library, Selby Library, Gulf Gate Library and Fruitville Library. Visit the Forty Carrots website, [fortycarrots.com](https://fortycarrots.com), for dates, times and more information.

# MENTAL HEALTH

## PARTNERING WITH AREA SCHOOLS

Recently, Clinical Director Carla Johanns attended a Community Agency Roundtable with the Student Support Services team for Sarasota County schools. The meeting was an opportunity to share how Forty Carrots supports students, families, and staff in Sarasota schools. Carla discussed how all three Forty Carrots programs - Parenting Education, Mental Health programs and Early Childhood Education - are involved in the school system, and the best way to access our services.

"From the youngest children to teenagers, to the entire family, Forty Carrots is always here to strengthen families in our community," said Johanns.

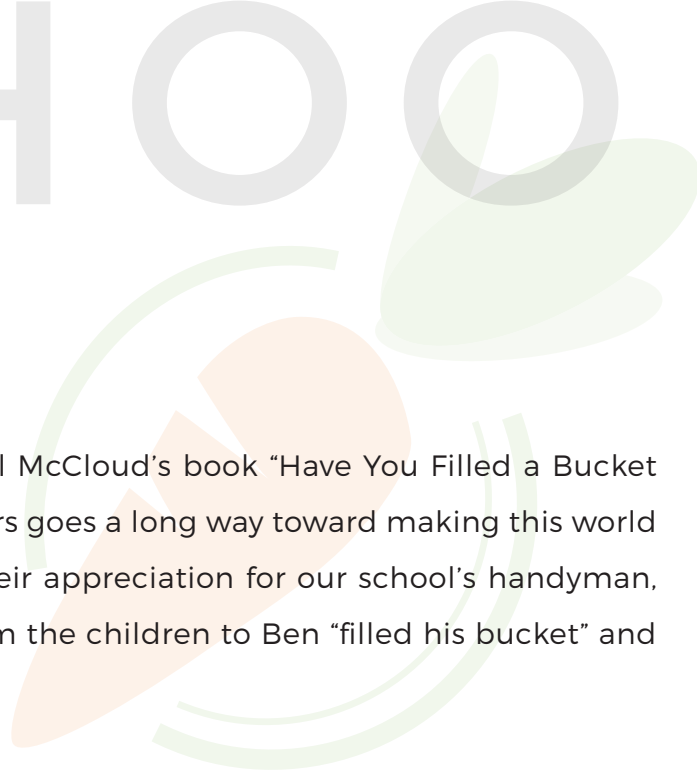


CARLA JOHANNNS, MA, LMHC/S  
Clinical Director, Child & Family Therapy Services

# PRESCHOOL

## FILLING THE BUCKET

Through the years we have adopted the idea of filling the bucket from Carol McCloud's book "Have You Filled a Bucket Today?" The book reminds us that showing kindness and appreciation of others goes a long way toward making this world a happier place for everyone. Recently, for example, the children showed their appreciation for our school's handyman, Ben, who helps us repair and maintain our classrooms. A thank you note from the children to Ben "filled his bucket" and made everyone feel good!



# AGENCY

## GOING GREEN

Recently, solar panels were installed on our Child & Therapy building. Energy savings are shown using SolarEdge Technologies, Inc.'s monitoring system allowing owners to view system performance, including energy production, battery usage, and more! We would like to thank digital entrepreneur Anand Pellegar for this in-kind donation. Solar energy will create savings resulting in additional parenting education, mental health, and early childhood education services for the community for years to come.

