



NOTE FROM THE CEO

Dear Friends,

The start of a new year prompts reflection on the past and hopes for the future. As I look back at 2021, I am filled with gratitude for our donors and our community standing by Forty Carrots, transforming dark times into brighter days.

Throughout the pandemic, Forty Carrots had continued to expand services in an attempt to keep up with the escalating needs of our community's children and families. In 2021, we were counting on the funds raised by Wine, Women & Shoes to allow us to again increase critical services when the need had never been greater or more dire.

[READ MORE](#)

VOTE FOR US!

Forty Carrots Family Center is a nominee in SRQ Magazine's 'Best of SRQ' competition for:

**BEST CHILDREN'S
NON-PROFIT**



VOTING IS OPEN NOW
and will close on
Feb. 22, 2022
at midnight.

[VOTE HERE NOW!](#)

PARENTING EDUCATION

ON THE ROAD AGAIN!



Thanks to a generous grant from the Roberta Leventhal Sudakoff Foundation, Forty Carrots has a new van to support both Parenting Education programs and Mental Health needs in our community. The van will be used to travel to children and families at partner locations, delivering the life-changing services offered by Forty Carrots.

[READ MORE](#)

CALENDAR

JANUARY 2022

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](#)

MENTAL HEALTH

THERAPISTS RESUME SCHOOL-BASED SERVICES AT LOCAL ELEMENTARY SCHOOLS

Our Mental Health team has returned to several Sarasota County Public Schools to offer individual and group therapy to students identified by each school's student support team. Therapists Britt Skinner, Nicole Jones, and Veronica Graveline have resumed school-based services at Tuttle Elementary, Fruitville Elementary, Brentwood Elementary, and Alta Vista Elementary.



At Alta Vista Elementary, during an icebreaker activity designed to promote group rapport, students were asked to create individual body parts that would ultimately be included in a group mascot, representing the entire group. The result was the "Unibearguin," a mascot the group took great pride and delight in creating.

[READ MORE](#)

PRESCHOOL

PRESCHOOL CHILDREN DISCOVER PATHWAYS IN OUR COMMUNITY



Preschool students enjoyed their first field trip in almost two years! Students in the Pre-K / 4-year-old classrooms have been conducting an investigation of local "pathways." The children discovered the types, locations, and purposes of pathways around the Forty Carrots campus.

[READ MORE](#)

NOTE FROM THE CEO

When Wine, Women & Shoes was cancelled for the second year in a row, we were devastated for so many reasons. The financial implications were significant, and equally consequential was missing our connection, love, and fun for which the event is so famously known. Please join us in thanking our 2021 Wine, Women & Shoes sponsors and underwriters who donated back their dollars, knowing that even without the party, we still needed them to help strengthen children and families.

As we move into 2022, I am filled with optimism and hope knowing that together we will continue to brighten the future of the children and families. As Forty Carrots enters its 29th year of service to our community, I am humbled and excited to see what the future has in store. Wishing each of you a happy and healthy 2022. Together we're better. Past and future.



Warmest regards,

Michelle Kapreilian
CEO - Forty Carrots Family Center



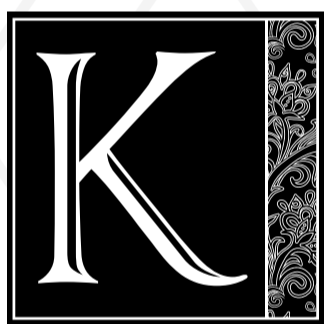
Thank You

To Our Generous Donors



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PARENTING EDUCATION

ON THE ROAD AGAIN!

Our five Forty Carrots vans travel more than 20,000 miles in 42 weeks to 22 separate service locations throughout Sarasota and Manatee counties.

“Our community partnerships enable us to efficiently and conveniently deliver vital information, resources, and support to those families most in need in our community,” said Parenting Education Director Laura Josephson.

A very special thank you to Douglas Jeep for its excellent service and to Sarasota Sign for the amazing van wrap.



MENTAL HEALTH

THERAPISTS RESUME

SCHOOL-BASED SERVICES AT LOCAL ELEMENTARY SCHOOLS

“From a mental health perspective, offering school-based therapy services is imperative to properly serving the youth in our community, as it means being able to offer mental health counseling to those who might not be able to access services otherwise, due to factors such as limitations in transportation or cost. In addition, by offering services on-site within the schools, it means Forty Carrots therapists can collaborate closely with each student’s teachers and student support team”, said Clinical Director Erika Kohne.

Since the onset of COVID-19, the youth in our community have been reporting increases in stress, anxiety, and depression. Many have also reported dealing with increased family stress at home, worry about the future, and anxiety related to returning to social settings. For these reasons, more than ever, mental health prevention and intervention needs to be available and accessible to children and families in the community, an endeavor that Forty Carrots will continue to pursue in 2022 and beyond.

PRESCHOOL

PRESCHOOL CHILDREN

DISCOVER PATHWAYS IN OUR COMMUNITY



Technology and maps were used to create a 3D model of the route from Forty Carrots to Arlington Park. This pathway became a walking field trip, during which children added to their knowledge about the many varieties of pathways, while learning about their local surroundings. The project allowed us to welcome family members as chaperones on the field trip, to collaborate with the teachers, and enhance the home-school connection.

“It is important to build relationships with our families and to take advantage of the opportunities for children to learn outside the walls of the classroom,” said Preschool Director, Flora Oynick.