



NOTE FROM THE CEO

"No matter its form, grief changes the brain, body, and behavior, which inevitably impacts learning."



New information dissecting the many implications of COVID on our children's well-being is released nearly daily. This article from Ed Week discusses the implications of grief, not limited to the grief from death but expanding it to include what they call "living losses" and "disenfranchised losses" - and COVID affected all three.

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EVENTS



wine
women & shoes®

PRESENTED BY VENUS MED SPA

SAVE **THE DATE!**
NOVEMBER 17-19, 2022

SPONSORSHIPS
COMING SOON!

CALENDAR

APRIL 2022

S	M	T	W	T	F	S
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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

AGENCY



**SAVE
THE DATE!**

The 20th Annual Free Speaker Event will be held virtually on Wednesday, September 21, 2022! A special thank you to this year's returning Presenting Partner, Community Foundation of Sarasota County and Summa Cum Laude & Extra Credit Presentation Partner, Publix Super Markets Charities!

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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!

PARENTING EDUCATION

NEW PARTNERSHIP

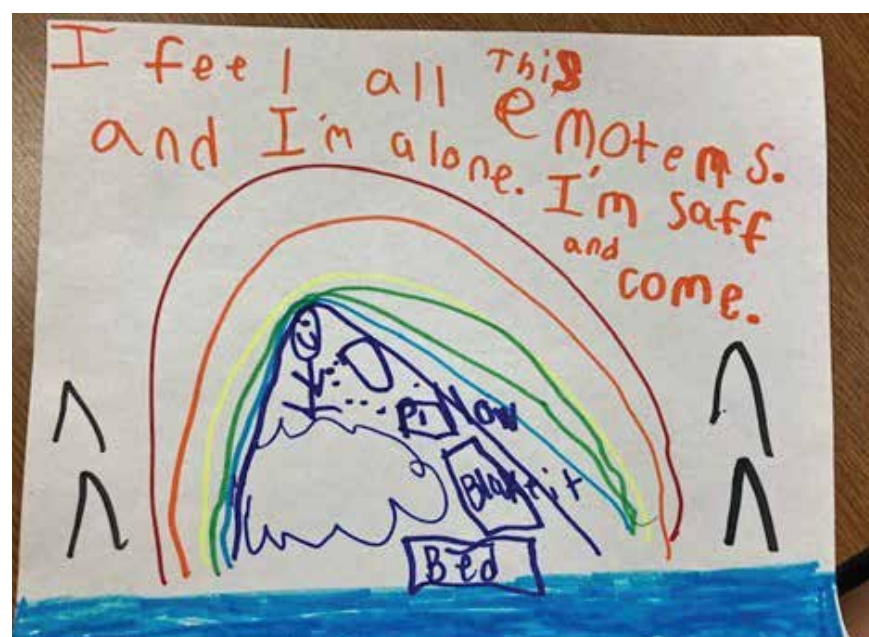
Forty Carrots has expanded its partnership with the Sarasota County jail system to work with a new initiative, the Community Offender Rehabilitative Treatment program, a partnership between First Step and the Sarasota County Department of Corrections. Forty Carrots' Parenting Education team began a series of Circle of Security® Parenting to fathers in recovery through the CORT program.



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MENTAL HEALTH

COPING SKILLS FOR CHILDREN



Forty Carrots' mental health therapists provide a series of mental health groups at Alta Vista, Brentwood, and Fruitville Elementary schools. Over the course of the school year, the groups are centered around topics identified by the needs observed by student support staff including addressing healthy coping skills, social skills, self-confidence, grief, and family changes.

[READ MORE](#)

PRESCHOOL

**CHILDREN'S WEEK 2022 -
CELEBRATION OF THE HANDS!**



Children's Week Florida is the largest event held in the state that celebrates and honors its commitment to children, youth, and advocates. Each year, Children's Week Florida partners and volunteers come together to hang a larger than life visual inside the Capitol Rotunda.

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HOW TO DONATE



[LEARN MORE](#)

NOTE FROM THE CEO

What children have experienced is being called “communal grief” and it is impacting their ability to learn. Forty Carrots’ continues to follow new information, and research in order to do the absolute best we can in helping children and their families cope and grow stronger through these particularly complicated times. What remains constant is the focus on the innumerable benefits of healthy, secure interpersonal relationships in every facet of children’s lives. We must keep this at the forefront as we continue to battle the unknown residual from the pandemic. The staff at Forty Carrots is dedicated to providing quality education, services, and care and continues to a safe place of healing and learning for the children and families of our community.

GOOD BEGINNINGS THAT LAST A LIFETIME



Warmest regards,

A handwritten signature in black ink that reads "Michelle Kapreilian". The signature is fluid and cursive, with a long horizontal stroke at the end.

Michelle Kapreilian

CEO - Forty Carrots Family Center

AGENCY

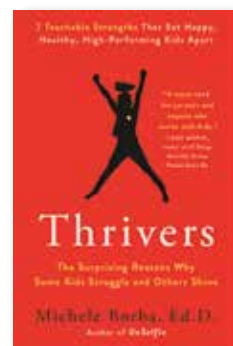


Michele Borba, Ed.D.

Educational Psychologist
& Best-Selling Author

This year's speaker is Michele Borba, Ed. D., internationally renowned educational psychologist, and an expert in parenting, resilience, and character development. Dr. Borba's new book, *THRIVERS* is a sharply insightful, science-backed guide that helps parents and educators teach essential character strengths that kids need to be resilient and flourish in a rapidly changing, digitally driven, and an uncertain world.

THRIVERS offers a framework to assist adults to raise a more resilient generation who are ready and able to handle an uncertain new normal. Dr. Michele Borba, identifies seven teachable strengths that will safeguard kids for the future, offering practical "how-to" strategies and ideas for everyday activities that build up kids' strength, resilience, happiness, and success.



A **VIRTUAL** PRESENTATION

Wednesday, September 21, 2022

7:00 PM - 8:30 PM



NEW PARTNERSHIP

Many of these incarcerated fathers are seeking reunification or current stable unification with their children. Although family strengthening programs (such as parenting skills classes) are received by only an estimated 11 percent of incarcerated fathers, studies indicate these programs improve attitudes about the importance of fatherhood, increase parenting skills, and lead to more frequent contact between fathers and their children. Research also shows that it is most critical for children to develop stable, healthy attachments with parents to reduce long-term negative effects of parental incarceration.

COPING SKILLS

FOR CHILDREN

In a recent family change group, one student mentioned that he didn't feel comfortable sharing his emotions about the recent experience with his family. The therapist utilized a coping skills activity designed to teach the power of visualization through guided imagery, asking students to identify a safe space in their mind where they could take a "mental vacation" if needing to disconnect from the stress they're experiencing in everyday life. During this activity, aside from creating and sharing his visualization of his safe space, this student shared while in his safe place he tells himself that "every emotion is okay" and acceptable to have. The student went on to share with the group a Rainbow Breathing exercise that he had been taught to use when feeling overwhelmed. Following the end of group, when asked about what the student appeared to be doing differently as a result of in-school counseling, one teacher wrote in their satisfaction questionnaire, "He has more tools to work with which will help him to be more successful in the classroom. He is more in touch with his emotions and is more openly discussing his feelings and concerns." The fourth and final series of the mental health groups has already started and will continue through the final weeks of school.

PRESCHOOL

PRESCHOOL CHILDREN

DISCOVER PATHWAYS IN OUR COMMUNITY



The children at Forty Carrots Preschool have been creating a piece of artwork that displays each individual child's hand in honor of Children's Week 2022 - Celebration of the Hands! This will serve as a daily reminder to legislators, advocates & visitors that thousands of children in Florida are impacted by the legislative decisions that are made and the future of our children rests in their hands. #childrensweekflorida