



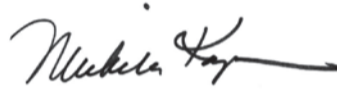
NOTE FROM THE CEO

*"Information is not knowledge."*  
-Albert Einstein

I wonder what our world would look like if knowledge was the standard for making decisions regarding children and families. Being committed to healthy child and family development means creating safe and protective relationships, giving every child the opportunity to grow and learn; necessary components to raising well-adjusted young adults. Those advocating for mental health services for children while at the same time criticizing social emotional learning are examples of the deficit in knowledge and expertise. Experts in child development understand that social emotional goals of self-awareness, self-management, social awareness, relationship skills, and responsible decision-making are required skills to be a capable adult. As we have done for nearly three decades, Forty Carrots will continue focusing on sharing information, research, education, and expertise to develop healthy, strong, children and families. The future depends on it.



Warmest regards,



Michelle Kapreilian  
CEO - Forty Carrots Family Center

AGENCY

BOARD OF TRUSTEES

Forty Carrots Family Center proudly announces its 2022-2023 (FY23) Board of Trustees and slate of officers. A grateful welcome to new board members Valerie Dall'Acqua, Realtor, Premier Sotheby's International Realty, and Joleen Searles, founding partner of Searles & Gornitsky. They will both serve three-year terms supporting Forty Carrots' mission of nurturing healthy child and family development and preventing child abuse, neglect, and other childhood traumas.



Valerie Dall'Acqua



Joleen Searles

[READ MORE](#)

PRESCHOOL

2022 GRADUATION



Forty Carrots Family Center's class of 2022 celebrated their journey with a graduation celebration. Families decorated their cars, had light dinners, and exchanged proud moments with each other.

[READ MORE](#)

MENTAL HEALTH

NEW SUPPORT GROUP

Forty Carrots has begun offering a free **virtual support group for postpartum** parents. Knowing that being a new parent can be isolating, the support group is designed to offer a non-judgmental space to meet other new parents, to share celebrations, challenges, and successes. Participants will learn how these challenges play a role in mental health and emotional wellbeing and navigate this journey to parenthood.



[READ MORE](#)

PARENTING EDUCATION

EMPOWERING YOUNG PARENTS

Forty Carrots groups at teen parent programs at **CYESIS Riverview High School, North Port High School, and the Teenage Parent Program in Manatee (TAPP)**, foster healthy relationships between young parents and their children, strengthening the parent-child bond and reducing the likelihood of child abuse and neglect.

[READ MORE](#)

EVENTS



**SEPTEMBER 21, 2022**  
**7:00 PM**

A **FREE** VIRTUAL EVENT

**REGISTRATION OPENS**  
**WED. AUGUST 3, 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!



PRESENTED BY VENUS MED SPA

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

We are thrilled to announce the return of Wine, Women & Shoes November 17-19, 2022, don't delay, there are limited sponsorships available!

[CLICK HERE FOR DETAILS](#)

CALENDAR

JULY 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](#)

# AGENCY

## BOARD OF TRUSTEES

Current officers include Board Chair Susan Travers, nonprofit fundraiser, volunteer coordinator and event planner, Treasurer Ben Jones, Managing Director with Mariner Wealth Advisors; and Secretary Tammie Sandoval-Badger, Principal, Sabal Trust.

Other board of trustee members remaining: Kevin Cooper, Dawn Doughty, Jag Grewal, Jackie Griese, Karimu Hill-Harvey, Chris Jarmul, Eric Kaplan, Bob Lewandowski, Jeff Reynolds, Alan Ross, Susan Sakhai, Kevin Stencik, CEO Michelle Kapreilian (ex-officio) and trustee emeriti Kim Githler, Stanley Kane (deceased), and Jeff Steinwachs.



# PRESCHOOL

## 2022 GRADUATION

Each child was featured and celebrated individually, while songs, stories, and poems were shared as a group. It was a bittersweet yet joyous gathering as the children, families and educators bid each other farewell, sending the children on to their next life chapter with confidence and excitement.



# MENTAL HEALTH

## NEW SUPPORT GROUP

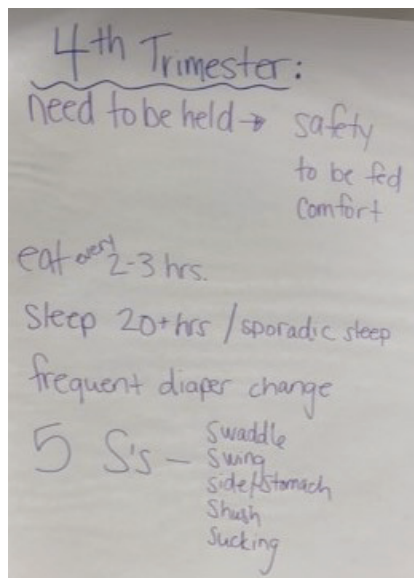
New parents who feel emotionally supported are more emotionally available and responsive to children, lessening the risk for maltreatment and neglect. The group is facilitated by two licensed therapists and meets every Monday from 12:30-1:30 and is open to any caregivers with a child aged 0-12 months-old. To register, [CLICK HERE](#).



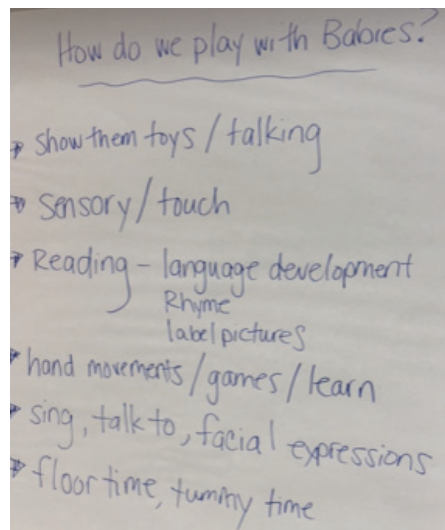
## EMPOWERING YOUNG PARENTS

It also empowers young parents to be their children's first and most important teacher, providing the skills they need to foster early literacy and school readiness for their children. Our groups are an important part of parenting students' journey raising their children in healthy, nurturing ways. Discussion groups included:

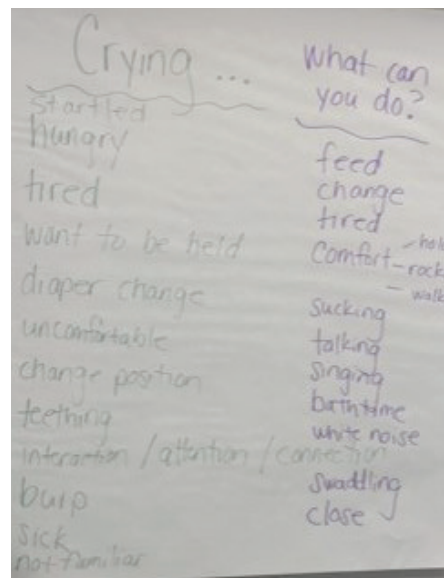
Discussion groups included, the 4th trimester:



Support playing with our babies:



Crying and ways to calm babies:



Ways to increase bonding and attachment:

