



NOTE FROM THE CEO

GENERATIONS OF CHANGE



This is a transformational time for Forty Carrots, and for our community. For the past 30 years Forty Carrots Family Center has been leading the way in ensuring good beginnings for children regardless of background, circumstance, or ability to pay. Our Generations of Change Expansion Campaign was created to allow us to increase our Mental Health and Parenting Education services to meet the severe need. Having increased Mental Health services by 70% since 2020, the need continues to grow.

[READ MORE](#)

EVENTS

SAVE THE DATES!



The 2023 Wine, Women & Shoes Signature Luncheon will take place on Friday, November 17th at the Ritz-Carlton, Sarasota. Table Release dates: May 11 (Sponsors who purchased tables/tickets in 2022) and May 18 (open to all). Make sure to mark your calendar and check your email for the sponsorship information!

PARENTING EDUCATION

FORTY CARROTS NAMED CARING HEARTS PARTNER OF THE YEAR



Forty Carrots Family Center was named **Caring Hearts Partner of the Year by Lightshare Behavioral Wellness and Recovery (formerly First Step) for our work with their Mothers & Infants program.** Lightshare CEO, Shawny Robey presented the award by expressing how honored they are to recognize Forty Carrots for the compassion and hard work of our staff and the positive impact our work makes on the next generation.

[READ MORE](#)

CALENDAR

MAY 2023

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](#)

PRESCHOOL

'THE VERY HUNGRY CATERPILLAR' PROJECT



*"The caterpillar metamorphosed into a butterfly, landed on a flower to dry its wings and then it flew and landed in this book."*



The Forty Carrots preschool children recently completed "The Very Hungry Caterpillar" project which concluded with a celebration with families. The children read the book "The Very Hungry Caterpillar" by Eric Carle. While exploring the book children acted out the story with yoga poses and used sequence cards to retell the story.

[READ MORE](#)

CHILD + FAMILY THERAPY

USING ARTS IN MENTAL HEALTH



Forty Carrots provides Parenting Education and Mental Health services to teen parents throughout Sarasota and Manatee counties. One of the tools used by our therapists is called A Window Between Worlds. This is a trauma-informed expressive arts modality centered around using a reflective, client-directed approach to reducing distress, increasing self-awareness, altering thinking patterns, and building resilience.

[READ MORE](#)

# NOTE FROM THE CEO

To expand further, having additional space has become paramount. The early support, generosity, and commitment of our donors has enabled us to move forward with our 3rd campus building on Cattlemen Road. We are grateful to Tandem Construction and the Schimberg Group Architecture for their expertise and guidance during this critical phase. Please take a moment to see our plans, learn more about the programs we will be expanding, and consider joining us in supporting these lifesaving services.

[VIEW EXPANSION PACKAGE](#)

[VIEW PRESS RELEASE](#)

[VIEW SNN INTERVIEW](#)

[VIEW CAMPUS RENDERINGS](#)



With Gratitude,

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

Michelle Kapreilian

**GOOD BEGINNINGS** THAT LAST A LIFETIME

## THE VERY HUNGRY CATERPILLAR PROJECT

Each story begins the same way, "The caterpillar metamorphosed into a butterfly, landed on a flower to dry its wings and...". Teachers documented the children's words, the children added their illustrations and signed their book. As a celebration of completing their books, families were invited to join in 'The Very Hungry Caterpillar yoga', read the books and enjoy a picnic lunch in the Family room. To end our celebration a family brought in two butterflies that had emerged from their chrysalises at their house, and children and families gathered as the butterflies were released in the outdoor classroom.



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*"The butterfly was hungry. She started looking for watermelon.  
Her mom bought some watermelon at Publix."*

by Alysa

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*"He was really hungry for nectar and found a yellow flower.  
There was a bee named Coco Melon on the flower.  
Coco Melon said: 'we are both pollinators. Do you want to  
come back to my house, the beehive?  
Sealy (the butterfly) said: 'yes!'"*

by Gino

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# PARENTING EDUCATION

FORTY CARROTS NAMED

## CARING PARTNER OF THE YEAR

The mothers in this program are recovering from addiction, while also pregnant or parenting an infant. Forty Carrots Parenting Educators and Therapists provide life changing services aimed at breaking negative cycles and ensuring a healthy, strong relationship with their baby. Robey thanked Forty Carrots for going above and beyond to give mothers and infants the best foundation for success in building a sustainable life. We are proud to be recognized by this long-standing partnership.



## USING ARTS

### IN MENTAL HEALTH

One of the activities conducted with teen parents during a recent mental health group, facilitated by Mental Health Therapists, Tesha Clark and Elena Berry, was featured on [A Window Between World's Story Share webpage](#).

In this activity, titled "Inner Self-Portraits" teen parents were asked to look within and express themselves artistically in terms of how they feel on the inside, as opposed to how they look on the outside, through the creation of a self-portrait. This activity provided teen parents with the opportunity to self-reflect on how they see themselves while developing positive self-talk skills.

Positive self-talk can help the parents to boost their self-esteem and feel more confident. A parent with healthy self-esteem is more capable of navigating the challenges associated with parenting. Teen parents are in a particularly challenging position because they are still navigating their own adolescence. Children learn their first lessons, whether positive or negative, from their parents. Parents who have learned coping skills, self-reflection, and the importance of healthy mental health can then model these for their children.