



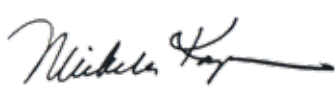
NOTE FROM CEO

GENERATIONS OF CHANGE EXPANSION CAMPAIGN

The roots of adult mental health are planted in early childhood. Raising children in safe, loving homes filled with nurturing relationships is our best chance to prevent and/or mitigate the effects of childhood trauma and for children to grow into responsible, caring adults. This is why Forty Carrots is dedicated to expanding access to our life changing services in mental health, parenting and early education. Our **Generations of Change campaign** is still ongoing. With our third campus building nearing completion, adding additional services is getting closer. We are still \$1.2M away from our \$10M goal and all remaining dollars will support the direct services that are in critical demand. It takes a village to raise a child, and to surround them with the care they need to thrive. Please consider joining our cause with a contribution of any amount so Forty Carrots can meet the expanding needs of our community's children and families.

[DONATE NOW](#)


Warmest regards,



Michelle Kapreilian
CEO - Forty Carrots Family Center

AGENCY

FORTY CARROTS FAMILY CENTER NAMED TOP WORKPLACE OF 2023



Herald-Tribune names Forty Carrots Family Center as a winner of the Sarasota-Manatee Top Workplaces 2023 award. The list is based solely on employee feedback gathered through a third-party, confidential survey that uniquely measures 15 culture drivers that are critical to the success of any organization: alignment, execution, and connection, just to name a few.

There were approximately 650 local businesses who were selected to participate in the process. An awards ceremony took place at the Van Wezel for the top 25 businesses who were selected, Forty Carrots placed 6th in the category of Small Business (Less than 100 employees), and CEO, Michelle Kapreilian, was awarded the "Leadership Award in the Small Business Category."

CHILD + FAMILY THERAPY

WORKING IN SARASOTA COUNTY TITLE 1 ELEMENTARY SCHOOLS



The Child & Family Therapy Team continues their work in Sarasota County Title 1 Elementary Schools offering individual and group counseling to students identified and referred to by each school's student support team. Forty Carrots school-based services at Alta Vista Elementary, Gocio Elementary, Brentwood Elementary, and Tuttle Elementary helps students decrease disruptive behavior and increase family functioning, and classroom learning.

[READ MORE](#)

PRESCHOOL

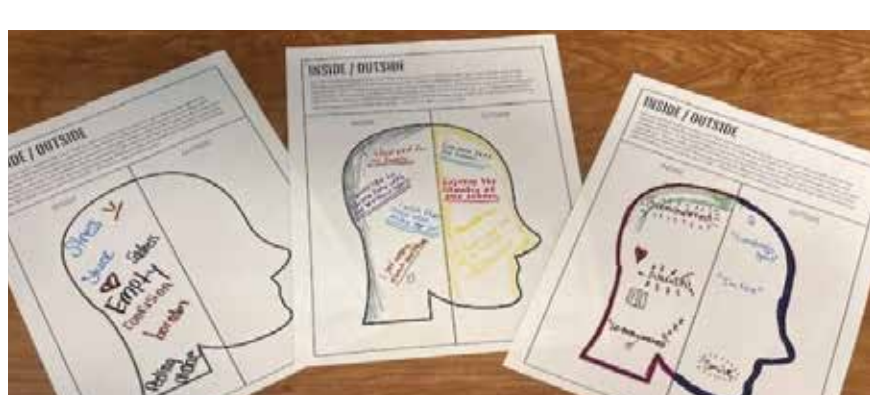
EXPLORING FALL THROUGH ACTIVE PLAY

The evidence of fall is everywhere in Preschool! Children were exploring corn and using fine motor skills to shuck the corn. You could hear children "It is hard to get the corn out of the husk" and the excitement when they succeed exclaiming "I did it!" In other classrooms you see scientists working to prove or disprove their hypothesis, does a pumpkin sink or float? Other rooms are busy exploring the weight, texture, counting seeds and drawing what they see. Children outside are collecting acorns, sticks and talking about squirrels while others are immersed in gardening cutting open fruits and vegetables and planting the seeds and taking care of the seedlings as they grow.


[READ MORE](#)

PARENTING EDUCATION

EXPLORING FEELINGS WITH TEEN PARENTS AT CYESIS RIVERVIEW HIGH SCHOOL



Parenting Educators working with teen parents at CYESIS Riverview High School introduced with the exercise of Inside/Out, which encouraged them to explore the feelings they hide versus the feelings they show to the public. This is a reflective lesson for students that helps them to be aware of the facade they portray and scrutinize the masks they wear and why.

[READ MORE](#)

BUILDING UPDATE

We are excited to share the progress being made on our Cattlemen Mental Health and Parenting campus! [CLICK HERE](#) to learn more about the Generations of Change Expansion Campaign!



EVENTS

LIMITED TICKETS ON SALE!



The 2023 Wine, Women & Shoes Signature Luncheon presented by Venus Med Spa will take place on Friday, November 17th at the Ritz-Carlton, Sarasota.

You don't want to miss this event, limited tickets are still available!

[CLICK FOR DETAILS](#)

END OF YEAR APPEAL



Keep an eye out for Forty Carrots' end of year appeal. This is a great opportunity to have your donation make the greatest impact!

Through our \$85K Board of Trustees' matching gift challenge, all donations to the appeal will be matched dollar for dollar.

[DONATE NOW](#)

CALENDAR

NOVEMBER 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		

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



941.365.7716

[LEARN MORE](#)

PRESCHOOL

EXPLORING FALL

THROUGH ACTIVE PLAY

How does this active play and experiences enhance learning? Through endless open-ended questions: How does that feel? What do you think is inside the pumpkin? Comparing pumpkins and gourds, how are they the same and different? As the children are given the chance to explore and be curious, they are actively learning. Children are learning new words such as gourd, squash, husk, shuck and vocabulary to describe bumpy, smooth, and bright. Traveling around the playground in search of acorns helps with movement and balance. Socially children are exploring with friends, having conversations about



what they are doing or seeing and allowed to make their own choices, having patience to wait their turn and the experiences go on and on. Most importantly, the overall feeling is a feeling of happiness and kindness, the children are creating their own little community. In this space they can be themselves, be curious, be involved, and be allowed to wonder!

WORKING IN SARASOTA COUNTY

TITLE 1 ELEMENTARY SCHOOLS

Teachers and parents appreciate the Forty Carrots' impact in improving the lives of students and strengthening families.

Below are some quotes that show the impact of our partnership with Title 1 schools.

- ▶ “The student seems to want to express herself more. She volunteers to read/provide answers and will come up to me now if something is wrong. She seems to include more friends at recess, when at the start of the year she wouldn't”

- Teacher at a Title 1 school

- ▶ “[the student] looks forward to seeing her therapist. It gives her 1:1 time to talk to someone about her life. I believe the school therapy has helped her want to be at school whereas in years past when she was anxious, she would use sickness to stay home and now she is working through that avoidance”

- Teacher at a Title 1 school

- ▶ “I have seen a difference in the frequency and duration of her outbursts. She has started apologizing after she is able to calm down.”

- Teacher at a Title I school

- ▶ “We have just seen so much improvement in our family as a whole. Helping us help the kids, and the kids having someone to confide in, and lead them. It's been the best thing we have done for our family.”

- Parent

EXPLORING FEELINGS WITH TEEN PARENTS

AT CYESIS RIVERVIEW HIGH SCHOOL

Students recognize that the outward persona they present does not necessarily show what they are feeling inside and how it may impact parenting and the attachment with their child. Some of the emotions teens shared were “feeling alone, I am angry with everything, and exhaustion.” With understanding and empathy, students can create the connections they want with others and their child. It’s a journey of exploration, nurturing the needs of themselves and the children they care for. The experience resulted in a poignant exploration of self, ultimately fostering stronger, more genuine relationships with their children.

The positive impact of exercises such as this tends to become increasingly evident over time. Initially, as participants engage in these activities, they may start to notice small improvements in their interactions with their children and form a deeper sense of connection, leading to stronger bonds and trust. These effects may continue to evolve and deepen over the years, contributing to long-term success of the parent-child relationship, supporting positive family dynamics well into the future.