



**GENERATIONS  
OF CHANGE**  
EXPANSION CAMPAIGN

**NOTE FROM CEO**

Dear Friends,

We are thrilled to announce our new **Parenting Education and Mental Health Center at 1350 Cattleman Road**. This facility has been a labor of love for several years and is the key ingredient to our **Generations of Change Expansion Campaign**. Knowing that Forty Carrots needed to increase its capacity to serve the needs of our community, the organization carefully proceeded to put all the pieces in place to ensure significant program expansions in all areas.

[READ MORE](#)

**EVENTS**



**SAVE THE DATE**

for The Signature Luncheon on November 22, 2024 at the Ritz Carlton, Sarasota!

**TABLE RELEASE DATES**

**May 7, 2024**

for WWS 2023 Sponsors

**May 14, 2024**

Open to All

[CLICK FOR DETAILS](#)

**PARENTING EDUCATION**

**THE IMPORTANCE OF ONGOING SUPPORT AND RESOURCES FOR FAMILIES**



Parenting Educator, Lina, represented Forty Carrots at the Manatee Community Baby Shower. This annual community event provides pregnant women and families with children up to the age of one with valuable information on maternal and baby health, baby safety, and local resources. Lina highlighted two Parenting Education programs at the event that help support these young families, Welcome to Our World® and individual Parenting Consultations. A heartwarming connection occurred during the event, when a former CYESIS teen parent stopped by the Forty Carrots booth to share about her experience in the teen parent program a decade ago.

[READ MORE](#)

**COMMUNITY**

Take a moment to scan the QR code below and participate in CHIP's Sarasota County Wellbeing Survey to improve the quality of your neighborhood!



**CALENDAR**

**MAY 2024**

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	

**CHILD + FAMILY THERAPY**

**SPRING BREAK MENTAL HEALTH WORKSHOP AT CAMP TRUE COLORS**



Child & Family Therapist, Veronica, hosted a mental health workshop at Camp True Colors, a spring break camp hosted by ALSO Youth. Camp True Colors is a day camp for LGBTQ+ youth and their allies, where they participate in fun camp activities and build a sense of community within a welcoming and inclusive environment.

[READ MORE](#)

**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!

**PRESCHOOL**

**THE FOCUS OF MARCH LEARNING WAS ANIMALS!**



The focus of March learning was animals! The students learned the difference between pets and wild animals. For example, there were lively discussions to determine why a dolphin, or a zebra would not make a good pet. They talked about snakes and lizards and how they can be either a pet or an animal in the wild.

[READ MORE](#)

**HOW TO DONATE**



[LEARN MORE](#)

# NOTE FROM THE CEO

On March 7th we celebrated the building's completion with a private ribbon cutting event for campaign donors, to thank them for their tremendous investment in children and families that will allow us to serve all in need. Parenting Education staff officially moved into their new space on Cattlemen Road in March, and the in-house programming will remain at the Tuttle Avenue Campus until we conclude our groups in May. Therapy services will begin at Cattlemen Road on May 1st.

The expansion campaign is one million dollars away from our \$10M goal! Learn more and donate [HERE](#).

Mark your calendar for **September 19th when a public community open house** will be held to celebrate the new building and expansion of services.



With Gratitude,

A handwritten signature in black ink that reads "Michelle Kapreilian".

Michelle Kapreilian  
CEO, Forty Carrots Family Center



# PARENTING EDUCATION

## THE IMPORTANCE OF ONGOING SUPPORT

# AND RESOURCES FOR FAMILIES

She talked about her experience and the guidance she received from Forty Carrots with her first-born child, while she was still a high school student. She said that the parenting support that she received empowered her to successfully navigate the joys and challenges of raising all four of her children. Her story serves as a testament to the positive impact and enduring value of Forty Carrots programs, reinforcing the importance of ongoing support and resources for families.



# CHILD + FAMILY THERAPY

## SPRING BREAK MENTAL HEALTH WORKSHOP AT CAMP TRUE COLORS

During her workshop, Veronica facilitated an activity called “Take a Break, Self-Regulate” to campers aged 10-13 years-old. Veronica began with a group discussion about the importance of routine self-care and the impact of self-care on mental health. Later, the group discussed what “taking a break” means to them while creating artful dice with their preferred self-care strategies listed on them. Throughout the activity Veronica took the opportunity to introduce various coping strategies including grounding exercises and ways to create digital and physical self-care kits. Veronica’s participation in Camp True Colors is a part of our valued partnership with ALSO Youth, where our therapists provide individual therapy sessions for LGBTQ+ youth as well as a weekly Parent Support group.



# PRESCHOOL

THE FOCUS OF MARCH LEARNING WAS

## ANIMALS!

Students enjoyed drawing animals, creating 3-D animals, and making charts about their pets at home, while learning about the importance of taking care of them. This was a collaborative study with all the classes where older students helped the younger ones learn even more. At the conclusion of the study, parents were invited to school to see the students' showcased work. Parents and students worked together to make dog treats and while the treats were baking, families had a picnic lunch in the family room where their animal research and exploration was on display. They ended the study by making donations to the Humane Society.

