



# East Boston Collaborative for Families



The neighborhood of East Boston, originally comprised of five separate islands annexed by Boston in 1836, has served as a foothold for immigrants to America since the mid-19th century. Today, with almost 40,000 residents, East Boston is home to immigrants from El Salvador, Brazil, and elsewhere in Central and South America. These communities have made East Boston one of the centers of Latino culture in New England.

While East Boston is no longer a collection of islands, the neighborhood remains set apart from the rest of Boston due to its unique geography and mix of cultures. Tightly knit and proud of their history, the communities of East Boston work together to build strong neighborhoods, celebrate holidays, and ensure municipal services for the families living and working there.

In 2006 the East Boston Collaborative (EBC) was formed in response to parents' questions about violence and the need to support all families in East Boston. Families First is proud to be a founding and Steering Committee member of the EBC. After a kick-off event that attracted mostly non-English-speaking parents, it became clear that immigrant families were struggling with how to connect to community resources and were fearful of the police and other authorities. The EBC is now the East Boston Collaborative for Families (EBCF).

In the spring of 2009, the EBCF launched the Parent College to meet the needs of East Boston parents. Parent College is a pilot project connected to the larger "Parent University" established by the Boston Public Schools (of which Families First is also a partner). The Parent University is a new learning experience specifically designed to help parents:

- increase their understanding of how children learn and develop;
- be aware of what their children should be learning;
- help their children get what they need to succeed; and
- learn how to bring other parents together to work for school improvement.

This unique program stresses the importance of empowering parents to be more in control of their lives and their children's education.

The EBCF Parent College is designed to offer parents support along four teaching strands: (1) parents as teachers, (2) parents as advocates, (3) parents as leaders, and (4) parents as learners.

Families First offered the first parenting workshop, Transitioning to Kindergarten, in both Spanish and English in March 2009. This program helps parents of prospective kindergartners understand, evaluate, and make decisions about their children's readiness for this big transition. Strategies for helping children and parents prepare for a successful transition are also shared.

One parent commented:

*"I learned about different ways of engaging my children by maintaining an ongoing and respectful communication and how to implement quality family time with my children in order to motivate them with their learning process and help them achieve success with their education."*

In June 2009, the Parent College co-sponsored an event at Constitution Beach in East Boston. The EBCF offered mini-workshops on health, safety, discipline, and educational games to over 100 parents. Parents sat under a gazebo where a Families First parenting educator facilitated a dialogue on positive discipline. Yoga classes were also offered on the beach in between learning sessions.

In the coming year, the EBCF plans to offer programs to Boston parents on a regular basis, including coffee hours for parents to meet with educators and ask questions. Families First will continue to be an active partner in both the East Boston Parent College and the Boston Public School system's Parent University.

## Members of the EBCF :

- **Curtis Guild Elementary School**
- **East Boston High School**
- **East Boston Neighborhood Health Center**
- **East Boston Police Department**
- **East Boston Social Centers**
- **Harborside Community Center**
- **Head Start**
- **Families First Parenting Programs**
- **Office of Family and Student Engagement in the Boston Public Schools**
- **Otis Elementary School**
- **Umana Barnes Middle School**
- **East Boston YMCA**

# Dear Friends



Dear Friends of Families First,

Families First is excited to share our successes as we round out another decade of providing quality parenting education to families in Eastern Massachusetts and we hope that 2010 brings you and your family many happy moments. We are proud to acknowledge our many accomplishments over the last year, as the 2009 economic climate was especially challenging for many non-profit organizations across the country. At Families First we are thankful to have weathered the storm by reducing our expenses, scaling back our fundraising event format, taking a “back to basics” approach, and focusing in on what we do best: **Providing parenting education and support to families in Massachusetts.**

In spite of a tough economy, Families First served over 4,000 parents and professionals in nearly 40 Massachusetts communities in 2009. Although many of our partner organizations suffered steep losses of government funding, we were able to devote our resources to reaching as many parents, caregivers, and professionals as possible. Throughout the pages of our 2009 Annual Report, we have highlighted many of these wonderful relationships and partnerships and have also included small samples of what we offer parents everyday: quick tips to everyday parenting issues.

Our continued success is due to our skilled group of parenting educators, committed staff and Board of Directors, Friends Council, Advisory Council, donors, and partner sites, all of whom have contributed to Families First in countless ways. You are the reason we continue to thrive each day and reach new parents each year. We couldn't do this critical work without each of you.

Thank you and best wishes for 2010!

A handwritten signature in green ink that reads "Crista Martinez Padua".

Crista Martinez Padua  
Executive Director

A handwritten signature in green ink that reads "Melora M. Balson".

Melora Balson  
Chair, Board of Directors

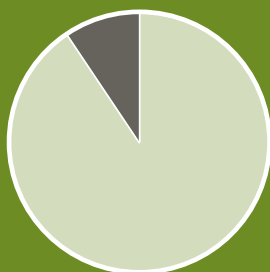
# Our Unique Approach

Kids don't come with instruction manuals. Unfortunately, in today's world, we rarely get the information, skills, or networks of support necessary to provide the healthiest, most nurturing environments for our children.

Instead, parents frequently feel like they are "going it alone." Often far from extended family or other support systems that used to exist in communities, parents can feel isolated, frustrated, and confused about the best ways to help their children. Add the common challenges of working multiple jobs, single parenting, or even poverty, homelessness, and teen parenting, and you have a sure recipe for family tension. Clearly, parents today need more help than ever before. Whether or not they get this help can mean the difference between a healthy family and a family in crisis.

Families First recognizes that there is no one right way to parent and that not all techniques work for all parents. There are, however, more effective ways to parent, and our goal is to provide parents with a range of tools and strategies that they can have at their disposal. For over 20 years, Families First has helped build positive relationships between parents and their children. We help communities thrive by strengthening families first.

*Over 90% of our programs are provided through organizations serving low-income families.*



- Low Income / Homeless Parents
- Parents Who Pay For Our Services

## IN FY09, FAMILIES FIRST...

- Served over 4,000 parents in nearly 40 communities in Greater Boston and Eastern Massachusetts. Over 90% of our programs were provided through organizations serving low-income families.
- Partnered with over 130 organizations – including schools, hospitals, community organizations, early care centers, and transitional housing sites – to provide parenting education and professional workshops.
- Developed new curricula on Emotional Intelligence, Co-Parenting, Grandparents Parenting Again, and Relational Aggression in Boys and Girls.
- Provided professional training to professionals working with families affected by substance abuse and working with incarcerated parents.
- Launched a parenting educator message board for streamlining discussion and sharing of best practices.
- Collaborated and secured a partnership in the launch of the Boston Public School Parent College pilot project in East Boston and became a member of Boston's Countdown to Kindergarten initiative.
- Expanded work with the Girl Scouts Beyond Bars program at MCI Framingham and South Middlesex Correctional Center.
- Generated the most Fathers' Breakfast revenue in organization history, reduced our Spring Event expenses by 90%, and cut our expense budget by nearly \$200,000 (approximately 17.5%).

# Our Services

## PARENTING WORKSHOPS

Families First has created over 30 interactive parenting workshops designed to help parents become more confident and effective and reduce their feelings of isolation. These curriculum-based workshops range from one to six weekly sessions and cover a broad range of parenting topics and issues.

## PROFESSIONAL TRAINING

Families First has designed trainings targeted to professionals who interact with parents. Teachers, child care providers, case managers, or health care personnel can delve into our specialized trainings on topics such as Parenting Essentials, Creating Partnerships with Diverse Families, and Supporting Parents in Stressful and Uncertain Times. Participants often take these trainings, known for their rich content, for continuing education units (CEU's) or for credit in a credential-giving program.

## Parenting Tip

### Problem Solving

Assist with problem solving by having discussions that help children describe a problem and then think of possible solutions. **Whether young or old, everyone benefits from the active process of problem solving.**



# The Marathon



Thanks to the generosity of John Hancock Financial Services, Families First has been selected to participate in the Boston Marathon Non-Profit Program for the past three years. Each year we received a select number of official Boston Marathon numbers (or “bibs”) and were charged with finding runners who had the drive and the stamina to complete the race and who also had the heart and compassion to commit to raising a minimum of \$3,000 for Families First. A total of 15 runners have run for Families First, and not only did they complete the historic Boston Marathon, they raised nearly \$65,000 for our programs. The money raised through the marathon program supports programs for low-income families that provide parents with the tools they need to build constructive and healthy relationships with their children.

Families First is honored to be a part of the Boston Marathon and for the continued support of a true community partner, John Hancock. In 2010 John Hancock will celebrate the 25th year of its landmark sponsorship of the race. The company’s continued support of the Boston Athletic Association, which has directed the race since 1897, ensures the stability of the world’s oldest annual marathon. In 2009 John Hancock’s non-profit program saw 890 program participants use non-profit bibs to raise \$3.7 million dollars to support Boston-area organizations.

In 2008 one of our runners wanted to participate in the marathon and propose to his girlfriend at the finish line. We were thrilled that he was able to complete the race and hear a “yes” from his very surprised girlfriend! Each and every member of the Families First Marathon Team has been an inspiration to us as they work hard to train for the grueling race and take the time to fundraise.

*John Hancock*  
the future is yours™

In 2009 we had two very dedicated women run the marathon on our behalf, one of them a doctor and mother of two. We were amazed by her energy and her ability to fit training and fundraising for Families First into her busy schedule. To our delight, she crossed the finish line with her 4-year-old son, both wearing Families First t-shirts! This was an amazing family moment for mother and son and for Families First.

We are extremely grateful for the commitment from our runners and for the generosity of those who contributed to Families First on their behalf. We want to congratulate all of our runners on this outstanding accomplishment!

#### **2007 FAMILIES FIRST TEAM**

- Jon Boyar
- Rebecca Green
- Jennifer Dobruck
- Chris Jordan
- Peter Luppino
- Susan Marsh
- Bob Lincoln

#### **2008 FAMILIES FIRST TEAM**

- Peter Lofink
- Brian Arcese
- Bill Brewster
- Stephen Mauri
- Larry Taylor
- James Edwards

#### **2009 FAMILIES FIRST TEAM**

- Mei Mei Chow
- Kate Fitzgerald

# Program Highlight

## THE IMPACT OF VIOLENCE CURRICULA

Due to increased concerns about the impact of violence on children and families, workshops that deal with the effects of violence and offer coping strategies for parents have quickly become one of Families First's most popular requests. As a result, we are creating new curricula, as well as revising current curricula, to respond to the various types of violence – namely, media, community, and family violence – to which children are exposed. Over the past year, Families First has provided 14 workshops to over 100 parents on the impact of violence. These programs have taken place in several communities in Eastern Massachusetts, including Waltham, Charlestown, Framingham, and Roxbury.

Nearly half of the children in the United States live in neighborhoods that expose them to some degree of violence. Violent neighborhoods and communities are defined as “neighborhoods with frequent and continual exposure to the use of guns, knives, drugs, and random violence.” Studies conducted in these communities have created a new understanding about the unique impact this type of violence has on familial stress and its resulting influence on parenting style.

Living in violent neighborhoods causes tremendous pressure for two-parent households and can be even more difficult for single parents. Often, parents have to work long hours at low-paying jobs in order to pay the bills, and stress and exhaustion make it hard for them to be supportive and responsive to their children's needs. A positive parent-child relationship – one with a great deal of guidance and supervision – is one of the variables that can help children in violent neighborhoods succeed both socially and academically, yet for many of these parents it is just not possible to provide

regular supervision, even at crucial unstructured times.

Sadly, living in violent neighborhoods inevitably changes how parents see their role and priorities. In a dangerous situation there is little room for error; thus, parents will endeavor to maximize safety by enforcing strict rules regarding out of school time with friends despite knowing that children require independence in order to develop.

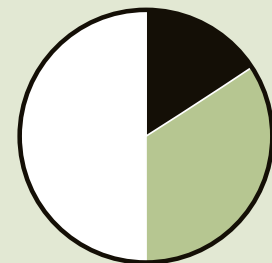
Although it may seem optimal to simply move away from a violent neighborhood, it may not be a viable option for families that are financially insecure or feel connected to their community. In the face of this reality, there are ways for parents to support themselves and their children through social support systems, institutional resources, and a positive home environment.

Parents can use a number of parenting practices to teach their children to reject the neighborhood lifestyle, including:

- Enforcing strict curfews and tight supervision so they know where their child is at all times.
- Managing their children's social network and activities and endeavoring to “steer children toward certain friends and away from others.”(Collins et al., 2000).
- Practicing “community bridging,” a term that describes how parents seek resources outside their immediate community so their children are able to make different social connections that provide the possibility of stimulating and safe opportunities unavailable in the neighborhood of origin. (Jarrett,1999)

When neighborhood violence occurs, community members such as police officers and teachers should be trained to be sensitive to young children's needs and to provide information about available services for children and families. If community members are aware of what is happening and who is being affected by neighborhood violence, they can strengthen the effort to decrease violence and increase opportunities for healthy growth and development for families. Families First continues to respond to the needs of parents and families living in neighborhoods heavily impacted by violence. By partnering with community organizations and foundations, and maintaining timely and appropriate materials, Families First will continue to support the families who need us most.

### Percentage of Children Living in Safe or Violent Neighborhoods (2003)



- Always Safe – 50%
- Usually Safe – 34%
- Never or Only Sometimes Safe – 16%

*Child Trends DataBank, 2003*

# Program Site Report

FISCAL YEAR JULY 1, 2008 – JUNE 30, 2009

## EARLY CARE & PRESCHOOL

ABCD Early Head Start, Dorchester\*

Associated Early Care and Education, Boston

Beginning Years Family Network, Sutton

Brockton Day Nursery

Child Care Choices of Boston

Cole Harrington Children's Center, Canton

East Boston Head Start

Ellis Memorial Early Education and Care, Boston

Gertrude Townsend Head Start, Dorchester

Home Health and Child Care Services, Brockton

Horizons for Homeless Children – Dorchester

Horizons for Homeless Children – Jamaica Plain

Horizons for Homeless Children – Roxbury

Jamaica Plain Head Start

Julie's Family Learning Program, South Boston

MOC, Inc. Child Care and Head Start Services, Leominster

Roxbury Weston Preschool, Weston

Shrewsbury Community Partnership for Children

Smart from the Start Program - Archdale Community Center, Roslindale

Smart from the Start Program – Charlestown Community Center

Smart from the Start Program – Gallivan Community Center, Mattapan\*

Tartt's Day Care II, Boston

Tartt's Day Care III, Boston

World of Wonder Preschool, Woburn

## AFTER SCHOOL PROGRAMS

BELL – Greenwood Site, Hyde Park\*

BELL – Holland Site, Dorchester\*

BELL – Holmes Site, Dorchester\*

BELL – Lewenberg Site, Mattapan

BELL – Mattahunt Site, Mattapan

BELL – Orchard Gardens Site, Roxbury\*

BELL – Young Achievers Program, Jamaica Plain

## HOSPITALS/COMMUNITY HEALTH CENTERS

Children's Hospital: Young Parents Program, Boston

Haitian American Public Health Initiative (HAPHI), Boston

South Boston Community Health Center\*

## MISCELLANEOUS

Black Ministerial Alliance of Greater Boston\*

Church of Jesus Christ of Latter-day Saints, Cambridge\*

International Data Corporation (IDC) Research, Inc., Framingham\*

Massachusetts Correctional Institution (MCI), Framingham

O'Neill Branch Public Library, Cambridge\*

St. Anthony's Church, Allston\*

South Middlesex Correctional Center (SMCC), Framingham

Suffolk County House of Corrections, Boston

## PARENT AND COMMUNITY ORGANIZATIONS

Boston's HOPE: Home for Little Wanderers

Boston Land Company, Waltham\*

Cambridge Public Health Department\*

Cambridge Senior Center\*

Child Care Resources, Fitchburg

Children's Services of Roxbury

DARE Family Services, Braintree

DARE Family Services, Somerville

DARE Family Services, Worcester

Early Childhood System of Care, Brighton

East Boston Social Center

East Boston Parent College\*

English High School Community Center, Jamaica Plain\*

Evergreen Community Services, Malden

Fitchburg Community Partnerships for Children

Girl Scouts Beyond Bars, Boston

Good Samaritan Fellowship Home Care, Brockton\*

Greater Boston Early Childhood Resource Center, Cambridge\*

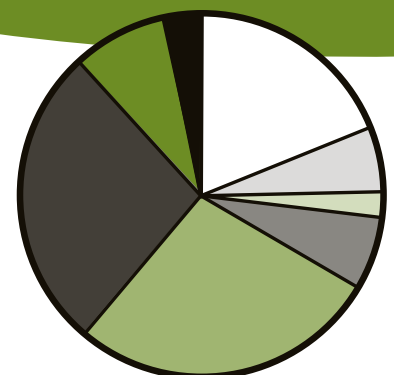
Haitian Multi-Service Center, Dorchester\*

Home for Little Wanderers, Brighton

## Where do Families First's Workshops Take Place?

In 2009 Families First partnered with 130 organizations in nearly 40 Massachusetts Communities

- Early Care and Preschool
- After School Programs
- Hospital / Community Health Centers
- Miscellaneous
- Parent and Community Organizations
- Schools / Education Centers
- Transitional Housing Sites
- Conferences



# Parenting Tip

## Communication

Communicate expectations that are high but realistic. Choose a quiet time to problem-solve (when you are riding in the car, putting a child to bed, etc.). You can begin by saying, “We seem to be having a problem – let’s figure out what we can do to solve it.” **Be Brief: A good rule of thumb is to state what is most important in the first sentence.**

Hyde Square Task Force, Jamaica Plain\*  
Jackson Mann Elementary School  
Community Center, Brighton\*  
Joint Committee on Children’s Health  
Care, Everett\*  
Latinas Know Your Rights, Boston\*  
MassHousing, Boston  
Matahari Eye of the Day, Boston\*  
Morgan Memorial Goodwill Services,  
Boston  
PACE Child Care Works, New Bedford\*  
Pathways to Family Success, Cambridge\*  
Project Place, Boston  
Rose Baker Senior Center, Gloucester\*  
School Linked Services, Lunenburg  
Quincy Community Action Program  
Wellspring Cape Ann Families,  
Gloucester\*  
YMCA of Greater Boston

### SCHOOLS / EDUCATION CENTERS

BNY Mellon Academy for Girls,  
Roxbury\*  
Boston Public Schools Family Literacy  
Program, Dorchester  
Brighton High School  
Brockton Public Schools  
Brockton Public Schools – Parents  
Academy  
Cambridge Public Schools – Title 1 Office  
Cambridge Public Schools –  
Transportation Office\*  
Conservatory Lab Charter School,  
Brighton  
Curley K-8 School, Jamaica Plain  
Danvers CARES Prevention Coalition,  
Danvers High School\*  
Education Development Group, Boston  
Epiphany School, Dorchester\*  
The Family School, Waltham\*  
Fitchburg Public Schools

Fletcher-Maynard Academy, Cambridge  
Holton Richmond Middle School,  
Danvers\*  
James Otis School, East Boston  
John F. Kennedy School, Jamaica Plain\*  
Kennedy-Longfellow School, Cambridge  
Lee Academy Pilot School, Dorchester\*  
Mason Pilot Elementary School, Roxbury\*  
Mission Grammar School, Roxbury\*  
MIT Lincoln Laboratory, Lexington\*  
Morse School, Cambridge  
Mother Caroline Academy, Dorchester  
Northeastern University Youth  
Development Initiative, Boston  
Peabody School, Cambridge  
Saugus Public Schools\*  
South Street Elementary School,  
Fitchburg\*  
Special Education Advisory Council  
(SPEAC), Hopkinton\*  
Umana Barnes Middle School, East  
Boston  
Veterans Memorial School, Saugus\*  
Warren-Prescott School, Charlestown  
Wheelock Family Theatre, Boston\*

### TRANSITIONAL HOUSING SITES

Bethany Hill, Framingham  
Bridge Over Troubled Water, Brighton  
Crittenton Hastings House, Brighton\*  
Cross Street Family Shelter, Somerville  
Granada House, Allston  
Housing Families, Malden  
Mary Martha Learning Center, Hingham  
Medford Family Life Education Center  
St. Ambrose Family Inn, Dorchester  
Transition House, Cambridge  
YWCA Family Shelter, Cambridge

### CONFERENCES

A View From All Sides, Children’s  
Trust Fund, Boston  
Massachusetts Alliance on Teen  
Pregnancy, Boston  
Massachusetts Early Intervention  
Consortium, Marlborough  
Young Children Without Homes  
Conference\*

### PARTNERSHIPS AND COLLABORATIONS

Agenda for Children  
Early Childhood System of Care  
Boston Centers for Youth and Families  
Cambridge Public Schools  
Children’s Hospital  
Children’s Services of Roxbury  
Countdown to Kindergarten  
East Boston Collaborative for Families  
Girl Scouts of Eastern Massachusetts

\* = New Sites



# NEW BOSTON

## Real Estate Investment Funds

Beginning with a \$3,000 donation to a fundraising event in 1999, New Boston has helped Families First build our capacity as an organization and increase the number of low-income and homeless families we reach. Through a combination of event sponsorship and employee volunteer efforts, New Boston has raised \$70,000 to support Families First. New Boston strives to give back to the urban communities where they have a presence. Recently, they donated a Families First parenting workshop to a community organization in Roxbury, an investment that benefits parents, families, and the entire neighborhood.

Founded in 1993, New Boston Fund, Inc., is a real estate investment management firm based in Boston that manages over 1.2 billion dollars in private equity capital on behalf of high net worth and institutional investors. With nearly \$4.4 billion in cumulative investment and development activity through seven successful private equity real estate

funds, New Boston's value-added investment strategies focus on middle market investment opportunities in the Eastern United States. New Boston Fund was established by the Rappaport family of Boston in the early 1990's in order to take advantage of opportunities created by the real estate downturn in New England. The Rappaports have been major players in the New England real estate industry since the early 1950's and have built an extensive resume of real estate development and investment successes.

Equally important as financial support, New Boston employee volunteer time has contributed to our success and strengthened our partnership. In 2006 Michael Buckley, New Boston Fund's Senior Vice President, joined the Families First Board of Directors. A guest at a prior Fathers' Breakfast, Mike



*Above: 2008 Fathers' Breakfast Co-Chairs, Blake Jordan and Michael Buckley*



*Left: Crista Martinez Padua, Dan Doyle, and Michael Buckley*

co-chaired the event for three consecutive years in 2006, 2007, and 2008. Under his guidance, the Families First Fathers' Breakfast grew more successful each year. As co-chair, Mike introduced us to new friends and partners, raised awareness about Families First, and shaped the event into what it is today. 2008 marked our most successful Breakfast to date, and with many New Boston employees in attendance, we raised over \$100,000 for Families First.

Families First is indebted to New Boston Fund for their many years of support and their deep commitment to making a difference in our communities. On behalf of the over 4,000 parents we serve each year, we want to thank New Boston Fund for strengthening families in Greater Boston and beyond.

# The Chickering Foundation

Since 1998, The Chickering Foundation, formerly known as the Dedham Temporary Home for Women and Children, has contributed over \$120,000 to Families First to fund programs primarily in support of homeless families. The dedicated team of directors – Susan Fiscoeder, Julia Terry, Hope McDermott, Dawn Antsy, Susanne H. Englert, and the late Ruth Peters – have made it their mission to help Families First and many other Boston agencies assist low-income and homeless families. Funding from the Home has supported Families First’s workshops at a variety of sites in the Greater Boston area, such as the Cambridge YWCA Family Shelter, The Family School in Waltham, The Home for Little Wanderers in Boston, and many others.

Originally named the Temporary Asylum for Discharged Female Prisoners, the asylum – meaning “shelter” – was created in 1864 through the efforts of Hannah B. Chickering, a Dedham resident who was concerned about the plight of women in Massachusetts jails and their re-entry into society. The Asylum sheltered women who had been released from prison and their children until 1910, when the name was changed to the Dedham Temporary Home

for Women and Children and other homeless families were also sheltered. Donations, earnings, legacies, and state appropriations supported the Home until its physical closing in 1946. From then through the present day, the Home’s endowment has been used to provide aid to charitable and social service organizations in eastern Massachusetts, such as Families First Parenting Programs. Recently, the Home changed its name to The Chickering Foundation to honor its founder.

We are incredibly grateful for the tremendous support we have received over the years from the Chickering Foundation. We know the impact of their support will continue for years to come and that many children will develop into healthy, productive, and caring members of our society because of this partnership. On behalf of the nearly 4,000 families we serve each year, Families First wishes to extend our deepest appreciation to the Chickering Foundation and looks forward to continuing our work together.



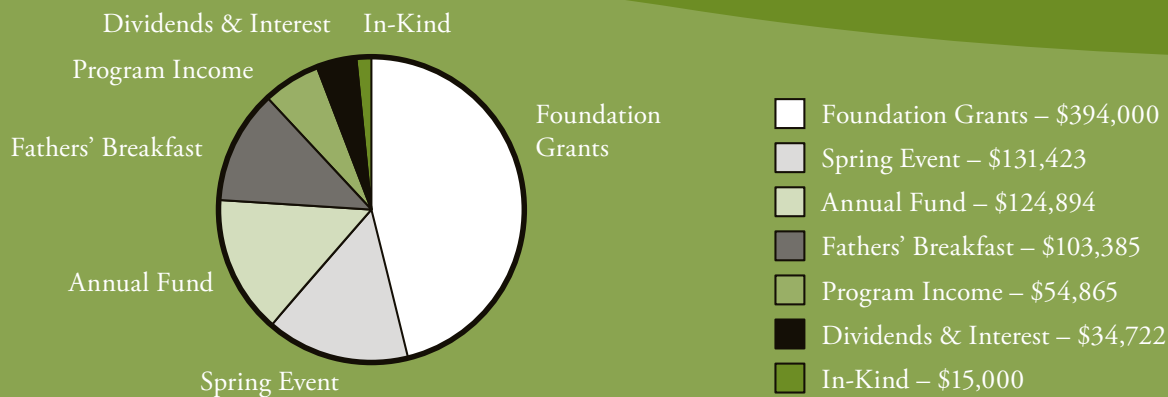
# Selected Financial Information

YEAR ENDING JUNE 30, 2009

## Statement of Activities

	Unrestricted	Temporarily Restricted	Permanently Restricted	Total
<b>Operating Revenues:</b>				
Foundation grants	\$102,000	\$292,000		\$394,000
Individual contributions	279,361			279,361
Corporate contributions	95,341			95,341
Program revenue	54,865			54,865
Interest and dividends	34,722			34,722
Investment income appropriated for operations	33,720			33,720
Net assets released from restrictions	283,129	(283,129)		
<b>Total Operating Revenues</b>	<b>\$883,138</b>	<b>\$ 8,871</b>		<b>\$892,009</b>
<b>Operating Expenses:</b>				
Programs	\$584,884			\$584,884
General and administrative	65,368			65,368
Development	288,484			288,484
<b>Total Operating Expenses</b>	<b>\$938,736</b>			<b>\$938,736</b>
<b>Changes in Net Assets from Operations</b>	<b>(55,598)</b>	<b>8,871</b>		<b>(46,727)</b>
<b>Changes in Total Net Assets</b>				
Net Assets, Beginning of Year	\$883,138	\$ 98,160	\$565,250	\$1,529,397
Net Assets, End of Year	\$522,226	\$107,031	\$565,250	\$1,194,507

## Sources of Revenue (FY 2009)



This chart represents selected financial data from the FY09 (year ending June 30, 2009) audit. Complete copies of the audited financial statements are available upon request.

# Families First 2009 Family of Supporters

INDIVIDUAL, CORPORATE & FOUNDATION SUPPORTERS, JULY 1, 2008 THROUGH JUNE 30, 2009

*We are deeply grateful for the generosity of all of our donors*

## **\$75,000 +**

The Charles Engelhard Foundation

## **\$25,000- \$74,999**

Melora and Andrew Balson

Jane's Trust

P&G Gillette

## **\$10,000-\$24,999**

Bain Capital Children's Charity Ltd.

Florence V. Burden Foundation

Cabot Family Charitable Trust

Cisco Foundation

Clipper Ship Foundation

Citizens Bank

Dedham Temporary Home for Women and Children

Deluxe Corporation Foundation

Gayle and Buddy Dublin

Foundation M

The Janey Fund

John Hancock Financial Services

Marcus Partners/Anne and Paul Marcus Family Foundation

Medical Information Technology, Inc.

George H. and Jane A. Mifflin Memorial Fund

Meryl Kessler and Scott Oran

Leslie and Ken Pucker

Roxbury Trust Fund

Sheehan Family Foundation

Tufts Health Plan Foundation

Margaret and Jim Wade

## **\$5,000-\$9,000**

Abbot and Dorothy H. Stevens Foundation

Analog Devices

Anonymous

Anonymous

BNY Mellon/Eugene F. Fay Mini Grant Program

BNY Mellon

Bank of America

CB Richard Ellis

Stephanie and John Connaughton

Julia and John DeVoy

Lovett-Woodsum Foundation, Inc.

Richard E. and Nancy P. Marriott Foundation

Crista Martinez Padua and Horacio Padua, Jr.

Phyllis W. McGillicuddy Charitable Trust

New Boston Real Estate Fund

Ronald McDonald House Charities of Eastern New England, Inc.

The TJX Companies, Inc.

Svrluga Foundation

The Frederick E. Weber Charities Corporation

## **\$2,500-\$4,999**

Arbella Insurance Group Charitable Foundation

The Baupost Group, L.L.C.

The Baupost Group Matching Gift Company

Blue Cross Blue Shield of Massachusetts

Cambridge Community Foundation

Colony Realty Partners

Comcast

The Davis Family Charitable Foundation

Chris Gaffney and Karen Kames

Liberty Mutual Group

Andrew and Lisa Majewski

Martignetti Companies

The McGrath Family

Mark and Wendi McKenna

Robert Myslik

New Balance Foundation

William and Lia G. Poorvu Foundation

Roy A. Hunt Foundation

Sanders Fund, Inc.

Sean McDonough Charitable Foundation

## *Parenting Tip*

### **Active Parenting: Guidance**

Help children develop the skills they need to stay true to their values. Give children the language and actions necessary to make sensible choices and communicate these choices to others confidently. Help your child problem solve when there is a conflict between two or more important values. Let your child see you living according to your family's values.

# Families First 2009 Family of Supporters (continued)

## \$1,500-\$2,499

Biogen Idec Foundation  
Edgar Casado and Jeanne Chow  
The Charles Stark Draper  
Laboratory, Inc.  
Scott Friend and Leslie Reidel  
Gannett, Welsh & Kotler, LLC  
Chantal and Tim Healey  
Michael and Eileen Hicks  
Carey and Jonathan Hoch  
Virginia Rothschild  
John J. and Mary E. Shaughnessy  
Charitable Trust

## \$1,000-\$1,499

The Lassar and Fanny Agoos  
Charity Fund  
The Winifred and Harry B. Allen  
Foundation  
Boston Medical Center Healthnet Plan  
Boston Properties, Inc.  
The Bulfinch Companies, Inc.  
Arnold and Lis Cabrera  
Alexandra and Colin Campbell  
Chestnut Hill Realty  
Ellen Chung  
Community Health Charities of  
MA, NH & VT  
Delta Dental of Massachusetts  
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## Parenting Tip

### Temperament

Always think about your own temperamental style and whether it meshes with your child's temperamental style. **An active, on-the-go parent may have to learn patience in dealing with a slow-to-warm up or hesitant child.** Parents who are attuned to their child's temperament and who recognize their child's particular strengths will find life more harmonious.

## Managing Stress

A parent's needs are important. The best way to be a loving parent is to feel good about yourself and your life. Do not apply the same intensity to every task or event in your life. Figure out what is really important and what you can let go of. **Think of ways that all members of the family can share responsibilities.**

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## *Parenting Tip*

### **The Art of Discipline**

The key to effective limit setting is that the parent feels strongly enough about the matter that the child knows there is no ambivalence. **It helps to keep rules few, firm, and fair.**

The goal is to give children support so they can discover solutions themselves. Resist the temptation to rescue, explain, or "make it better" instantly.

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*Due to space constraints, we unfortunately cannot list all of our donors in our annual report. Our deepest gratitude goes out to all of our supporters who gave gifts up to \$99 over the past year.*



A gift is a particularly thoughtful way to celebrate a birthday, anniversary, or other joyous event, or to honor the memory of a relative or friend.

We thank all who chose to support Families First in this way.

Listed are people in whose honor or memory gifts were received.

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# Questions Commonly Asked about Parenting Answers from Parenting Educators

## “HOW DO I SCHEDULE QUALITY FAMILY TIME?”

Plan a weekly or biweekly family meeting. During those times you can discuss family issues/concerns. Have a meal together or plan a game night during that time.

Commit to a few hours a week of down time, preferably when everyone arrives home from their day. During the half hour to an hour, turn off the TV, video games, and turn down the ringer on the phone. This will give everyone a chance to connect with each other without distractions. Make dinner together, or do something fun that everyone enjoys.

— Pam Bailey

## “HOW DO I HANDLE MY ANGER WITH MY CHILD, ESPECIALLY WHEN THEY ARE GETTING ON MY NERVES?”

Before you can cope with your anger, you must first assess the underlying causes. First, are you angry because of your child's behavior, or is your anger based upon your perception of the situation? For example, instead of acknowledging their child's temperament or stage of development, many parents think that children misbehave deliberately to make them angry or to hurt them.

Assess the causes and magnitude of the problem (is it really that serious or is there something else going on?). Consider taking a “parent time-out”.

— Briget Evans

## 2009 Nan B. Kay Volunteer of the Year Award Goes to...Eleanor Lewis

The Nan B. Kay Volunteer Award is presented annually in honor of Nan Kay, a volunteer who made extraordinary contributions to Families First through her energy, commitment, humor, good sense, generosity, and wise counsel. Each year, Families First staff, Board Members, and Friends Council members are asked to identify an extraordinary volunteer who has contributed to Families First throughout the year.

This year, we are pleased to announce that Eleanor Lewis has been selected as our Volunteer of the Year! Eleanor was Senior Grants Officer and Director of Development at Families First from 2000 – 2004. Even as she was transitioning away from Families First, Eleanor agreed to stay several months longer than she had planned to help a short-staffed department.

Recently, Eleanor has again become a contributor to the fundraising efforts of Families First. In 2009, she joined the Spring Benefit Reception Committee. As a committee member, Eleanor helped shape the new model of our major event as we transitioned from an evening gala to a cocktail reception. Eleanor also participated in fundraising on our behalf. For nearly 10 years, Eleanor has been a great friend to Families First and has played an essential role in our current success. We are grateful for the many ways she continues to impact Families First and the families we serve every year.





*Dr. J. Stuart Ablon, Director of Think:Kids*

## 8th Annual Fathers' Breakfast

### Another Great Success!

On October 23, 2009, approximately 230 guests gathered at the Mandarin Oriental, Boston for the 8th Annual Families First Fathers' Breakfast. Danny Ainge, Celtics President of Basketball Operations and former championship player, spoke from the heart about his role as a father and as a son and about making his family a priority.

Fathers from throughout Massachusetts celebrated their roles and learned how Families First strengthens families from all life circumstances. Through the generosity of individuals and corporate sponsors, we raised more than \$100,000 for our parenting education and professional training programs!

Keynote speaker Dr. Stuart Ablon, author of "Treating Explosive Kids: The Collaborative Problem-Solving Approach," spoke to this group of dads and gave great examples about how to solve problems together with your kids so that everybody wins. By applying conflict resolution and negotiation skills, parents create a new path between giving in and taking over.

Thanks to our Chair, John Howard, and our entire Fathers' Breakfast Committee for all of their hard work! We are also grateful to the Mandarin Oriental, Boston for their continued support of this event. Look out for our "Save the Date" for next year's Fathers' Breakfast in October 2010. We hope to see you there!

# Save the Date

2010 Families First Parenting Programs

## Spring Benefit

Wednesday, April 7, 2010

The Boston College Club  
100 Federal Street, Boston, MA

## Parenting in a Digital Age

with Keynote Speaker  
**John Palfrey**, author of

*"Born Digital: Understanding the First Generation of Digital Natives"*

Individual Tickets \$250.  
Sponsorships are also available.

For more information, please contact  
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Families First Parenting Programs builds positive relationships between parents and their children by educating both families and the professionals who serve them through inspiring, hands-on workshops. Our skilled workshop leaders stand beside parents and caregivers to lead them through the crucible of child rearing by transforming their experiences, doubts, and fears into the knowledge and confidence they need to build positive discipline, communication, and self-esteem in families. Our training for professionals enhances their ability to better support and engage families. We help communities thrive by strengthening families first.

Learn more at

[www.families-first.org](http://www.families-first.org)

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